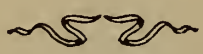
TX 715
.W73

A California Cook Book

Compiled by

Sarah M. Williamson

"Behold, his breakfasts shine with reputation,
His dinners are the wonders of the nation.
With these he treats both commoners and quality
Who praise, where'er they go, his hospitality."



(COPYRIGHT)

Published by
TOWN TALK PRESS
88 First Street, San Francisco, 1916

TX715
.W73

INDEX

Contributions of Recipes	4
Foreword	5
Service Suggestions	7
Appetizers	8
Soups and Sauces	9
Fish, Fresh and Salt	11
Entrees	13
Punch	14
Flesh, Fowl and Game	15
The Economical Hamburger	20
Rice	21
Vegetables	22
Salad Dressing	25
Omelets and Accompaniment	27
Puddings and Pudding Sauces	28
Fancy Desserts	31
Pies and Fillings	32
Cakes and Fillings for Cakes	33
Cookies, Doughnuts and "Snaps"	39
Hot Cakes and Waffles	41
Luncheon Dishes	42
Favorite "Kosher" Dishes	43
Cheese Dishes	44
"Canned" Dishes	44
Bread, Biscuits, etc.	45
For the Pantry	47

$1.00

©CLA453900

FEB -2 1917

RECIPES BY

Mrs. Joseph Steinhart
Mrs. John Magee
Mrs. Carl William Martin
Mrs. Calvert Meade
Mrs. Meredith Sawyer
Mrs. Charles Lincoln
Mrs. M. L. B. Smith
Mrs. George Albert Bromley
Mrs. Edward F. Smith
Mrs. Larry Gossig Mayo
Mrs. Edward Ray Bromley
Mrs. Charles Edgar Longton
Mrs. H. H. Powell
Mrs. F. B. Jansen
Miss Angelica Bromley
Mrs. Hortense Steinhart Russell
Mrs. Roy N. Roach
Mrs. John Sandford
Miss Irma S. Bromley
Mrs. Thomas E. Longton
Mrs. H. S. Whittard
Mrs. R. C. Burling
Mrs. F. G. Irving
Miss Lily K. Slinkey (Durini)
Dr. Clara M. Freeman
Mrs. Gus Moose
Mrs. L. F. Stevens
Mrs. Francis Ghiselli
Mrs. F. C. Luck
Mrs. C. O. Cunningham
Mrs. Amos Pylman
Miss Sarah Connell
Mrs. Ella Sterling Mighels
Mrs. Nelson Page
Mrs. Albert Morath
Mrs. John Parke Brownlee
Mrs. Gilmour Van Wagenen
Mrs. Greenfield-McDonald
Mrs. Charles A. Allen
Mrs. William Keyworth
Mrs. S. Secord
Mrs. F. X. Bentz
Mrs. Robert Barker
Miss Rose Mahony
Miss Florence Byington
Mrs. Walter A. Scott
Miss Anna Campbell
Miss Letitia Flanagan
Miss Marie Lucile Pyle
Miss Seba Rixon
Mrs. W. J. McCarthy
Mrs. Joseph Nesbitt
Mrs. George Alfred Sellery
Raphael Weill
George W. Yost
Fred Bromley Jansen
Thornwell Mullally
Thomas J. McCann
William J. Taffinder
Dr. J. Wilson Shiels
Judge Frank Kerrigan
Elliott Crews Jennings
Jack London
Allan Miner
Meredith Sawyer
Robert Trevor

And the late

Colonel Isaac Trumbo
J. C. Wilson
George T. Bromley
Col. H. I. Kowalsky
Henry Clay Smith
Mrs. J. Allan Munro
Mrs. Augustus Chasy Doan (Viva Cummins)
Mrs. Franklin Poore
Mrs. Grace E. Smith
Henry J. Crocker
Mrs. L. M. Barnett

FOREWORD

IT was a Frenchman who said that we only eat to live when we do not comprehend how to live to eat. Brillat Savarin dubbed Gasteria "tenth and fairest of the muses." De la Rochefoucauld told us that "good thoughts proceed from the stomach," and Thomas Walker called cooking "one of the most important of our temporal concerns." Another philosopher advised us not to look too far backward or forward, since life is so brief, but in order to be happy to fix our happiness in our glass and on our plate. "Cooking," wrote Yuan Mei, a Chinese chef of the eighteenth century, "is like matrimony. Two things served together should match. Clear should go with clear, hard with hard, soft with soft. Into no department of life should indifference creep—into none less than into the domain of cookery.'"

Cookery is the poetry of housework.

"She's a miserable cook," I have heard numbers of women remark, of a friend or relative whose cookery has been sampled and failed to make a good impression. More than often this slur has been unjust, the caustic criticism coming from a "provincial" mind that can see but from the one viewpoint. Because a person cooks in a manner we ourselves do not approve need not be proof that she is an inferior culinary artist. Few women cannot cook at least a few things well, and just because you (or I) do not fall in love with her concoctions is no proof that they are "poor stuff."

It is my own opinion that any woman can become at least a near-chef if she cares to take the trouble to master the art of cookery, from its alphabet to the collegiate degrees. With a cook-book and a little common sense there is no difficulty that cannot be surmounted. Of course there are the "born cooks" who with a glass of water, a leather sole and a dash of seasoning can make a tasty broth, but common sense applied to the cook-book may achieve almost the same masterly result from the "made cook." At this day, every woman enjoys doing a little of her own cooking. Not to know anything about the interior of one's kitchen is regarded as rather stupid, instead of stamping the lady-of-the-house as an aristocrat.

All of the recipes appearing in this book were personally obtained, and nearly every one has been tasted, or tested, by the compiler. The recipes of prominent clubmen were obtained about three years ago for an article on our famous amateur chefs, which appeared in "The Morning Call," and I have taken the opportunity to preserve them here in more permanent and convenient form than newspaper columns could offer. Colonel Kowalsky, Colonel Trumbo, Henry J. Crocker, John C. Wilson and others have passed away since the publication of the article, making the preservation of their culinary creations more important. The recipes of the late George T. Bromley were obtained from one of his daughters. Mr. Weill permitted M. Georges Tessier, onetime Bohemian Club chef, and who possesses all of Mr. Weill's priceless recipes, to copy for me one or two for the "Call" article. Mrs. Ella Sterling Mighels gave me the recipes of her daughter, the late Mrs. Doan of New York, and of her sister, the late Mrs. Poore. The "kosher dishes" were given by a popular restaurateur whose cafe near the old Merchants' Exchange was frequented (before the 1906 fire destroyed it) by all the prominent epicures of the San Francisco business world The recipes were published as part of an article on "The Significance of Kosher" which appeared in "The Call" of Easter, 1906. None of the other recipes has ever appeared before in print; all of them are "patented," one might say, by their creators or adaptors.

Sarah Williamson.

San Francisco,
October, 1916.

The first cook book was published in 1390, "The Forme of Cury" by Pegge. The "Widdowe's Treasure" came out in 1625. Filippini, Parloa, Dreyse, De Salis and Colombie all published cook books that have had a vogue more or less pronounced.

Service Suggestions

WHILE many still adhere to the old form of serving a dinner—soup, salad, fish, entree, roast, dessert, coffee, cheese, fruit—the more favored way of late has been to begin with a fruit appetizer. Grape fruit is popular, either with the bath of wine and the cherry atop, or plain. Banana or pineapple, with mayonnaise, is a popular appetizer. Melons are probably the most highly favored in the season. A musk melon makes a delicious appetizer, and watermelon is even more appetizing. Cut the watermelon in large dice, lay these in a leaf of lettuce, and serve with mayonnaise. Melons, which used to be invariably served as dessert, are now almost universally used as appetizers, at any meal. When fruit appetizers are not liked, a pimento or anchovy sandwich, the dainty slices of bread toasted, or a tiny sardelle or sardine sandwich, makes an excellent start for the formal dinner. These can be preceded by cocktails, or not, just as the host or hostess prefers. When a fancy salad is served as appetizer, it is usual to serve another salad, preferably a green salad, with toasted cheese crackers, before the dessert. Dinners nowadays are much more enjoyable than the old-fashioned heavy meals, for the alternation of dishes not only delights the palate but the eye. Fish dinners are exceedingly popular with amateur chefs. Clams, oysters, mussels as appetizers; a fish or clam chowder; shrimp or crab salad; creamed tuna or salmon as entree; any kind of fish for the piece de resistance; and two vegetables, with the potatoes; the garden salad; and a dainty fruit dessert, with coffee and cheese. A satisfactory dinner can be given with a menu entirely of vegetarian dishes.

"Do it now" is a splendid rule. If you fill the sugar-bowl when you notice it is nearly empty it will save a less convenient step later on.

A meal well served is twice as enjoyable as one placed upon the table "any old way."

Spotless tablecloth and napkins add to the pleasure taken in a meal.

Form at a table has its place, but remember not to place form before the motif of your being at the table. Worry at violating a rule of etiquette spoils the digestion, and takes away joy in the dishes.

Give your guests what they like to eat and drink, served in the manner they enjoy, rather than the things you think they should like, in the manner you yourself prefer—if you wish to win popularity as a hostess. If your wish is to be known as a wonderful chef, then cook your own preferences, in your own way.

It is better to smash a cup or plate occasionally and make a little stir than to move on so noiselessly all the time that no one knows you are there.

A contemporary of Rossini said, "An overturned salt cellar is only to be feared when overturned in a good dish," which is a good thing for the superstitious to remember.

Appetizers

A Perfect Cocktail (George W. Yost)

Half a teaspoonful of powdered sugar, a lump of ice in glass, one or two dashes of Peychaud creole bitters, a dash of orange bitters, equal parts of Hennessy brandy and Italian vermouth. Stir well. Take out ice. Squeeze orange peel.

When a sour cocktail is preferred the mixologist must use lemon instead of orange and omit the sugar. For those who cannot stand a strong mixture, the brandy can be left out. But the art of this cocktail is in the mixing, which requires the hand of an expert.

Marrow Toast (Col. Isaac Trumbo)

Brown the toast. Fry marrow; cut in squares. Place on toast, with a squeeze of lemon juice and paprika for seasoning. Serve.

Melons Hawaiian Style (Fred Bromley Jansen)

Cut the muskmelons in halves; across, not along the division lines. Remove seeds and fill hollows with fresh peaches, apricots, oranges, bananas and pineapple cut in very small pieces. Sprinkle with sugar and heap high, placing a maraschino cherry on top. To make more attractive cut the melons like baskets with part of the upper shell as handle, and twine sweet peas and maidenhair about the handle. When merely intended as an appetizer for an informal dinner, omit the decorations and fill only with the cut-up fruit. If preferred, only pineapple, oranges and bananas may be used as the filling.

You cannot always guarantee recipes in other hands than those of the creators. They often fail, and this is generally because the copyist does not follow the recipe exactly. Saving out an egg, or using half water for all milk, omitting the called-for seasoning—the dish turn out all wrong, and the recipe is blamed for what is not its fault.

Minucius to his troops: "Soldiers, I have often heard that the best man is he who can tell himself what is the right thing; then comes he who listens to good advice; and that he who cannot advise himself nor submit to another has the meanest capacity of all." True in the kitchen, as in the battlefield.

Soups and Sauces

IN these days when one can buy such delicious soups in cans, it is scarcely worth while to bother with soup made in the old-fashioned, laborious way. But very fine soups, and much more tasty than any other kind, can be made from odds and ends of meat, chop or steak bones, bits of veal cutlet, etc., with any vegetables that are left over from a meal. A few peas, string beans, a carrot, an onion, mixed with the left over meat scraps, and boiled with macaroni or rice or barley, with plenty of seasoning, make a nutritious and palatable soup. The water in which certain vegetables are cooked makes excellent basis for creamed soups—bisques. Potato, onion, asparagus or artichoke water is a very tasty basis for a bisque.

Onion Soup with Cheese (Thornwell Mullaly)

Slice fine four large white onions; put in a stewpan with four ounces of butter, stir and fry slowly until softened and slightly browned; besprinkle with two ounces of flour; dilute with a quart of beef broth and a quart of water; add salt and pepper and boil 10 minutes. Meanwhile cut in thin slices and dry in the oven about four ounces of French bread; have a well buttered soup tureen, bestrew with grated Parmesan cheese, put in layer of bread, sprinkle grated cheese over; add two more layers of each, finishing with the cheese; pour the boiling soup over, put in oven and have the top of soup and bread browned, and serve. (This quantity is for eight persons.)

Lizzie's Onion Soup (Mrs. Carl William Martin)

Cut an onion into small pieces and fry on hot pan with butter until brown. Use a very small piece of butter. Fry some bread cut in small dice, in pan with the onion. When well browned place in soup pot and cover with water sufficient for four plates of soup. This is a fine soup and easily prepared. The bread makes just the proper thickening. This soup can be served with tiny German dumplings if desired.

Potato Soup (Irma S. Bromley, Concord, California)

Three potatoes, 1 quart milk, 2 slices onion, 4 tablespoons butter, 2 tablespoons flour, 1½ teaspoons salt, ¼ teaspoon celery salt, ⅛ teaspoon pepper, 1 pound chopped parsley, 2 pounds chopped celery. Cook potatoes in boiling water, and when soft run through strainer. Scald milk with onion and celery in double boiler. Melt ½ cup butter, rub in dry ingredients. Stir until well mixed and add slowly a small portion of milk. Add this to potatoes. Cook one minute and pour over remainder of butter and chopped parsley.

Potato and Onion Soup (Mrs. John Magee, Millbrae)

Four potatoes, 4 onions, water; 2 tablespoons flour, 2 tablespoons butter, 1 pint milk, 1 teaspoon chopped parsley. Cook potatoes and onions in water sufficient to cover them. When tender, pass through sieve. Re-

serve the water they were cooked in to help the process; blend butter and flour together and add milk. Stir until boiling and then add the pulp. Season with salt and pepper and add parsley when serving.

A Good Soup (S. W.)

Ten cents beef for soup, with a veal bone. Add onion, carrot, parsley and a piece of celery, with a bay leaf if wished. Add barley, sago or rice enough to thicken. Cook until every ingredient is well blended. If strained this makes delicious bouillon, served either hot or cold, with slice of lemon. The seasoning should be to taste—pepper, salt, paprika and Worcestershire sauce (not too much of the sauce).

White Sauce (Mrs. Calvert Meade, Oakland)

This is always my base for gravies—chicken, turkey or game—in proportion of 1 tablespoon butter to 1 tablespoon flour, worked to a cream. Add a glass of cream (or milk, if it is not desired quite so rich). If a heaping tablespoon of butter and flour are used a pint of cream is required.

Egg Crumbs for Soup (Mrs. Magee)

One cup flour, 1 egg, 2 tablespoons water, salt and pepper. Sift flour, salt and pepper; beat egg just enough to blend the yolk and white together. Use it with the water to moisten flour. Turn on floured board and knead thoroughly, working in as much dry flour as possible so that a very stiff dough is formed. Let this stand for one-half hour, then grate on a coarse grater. Let crumbs so formed remain spread out until they dry a little. Two tablespoons or more can be cooked in any soup or bouillon that is to be served. Allow the remainder of the crumbs to dry thoroughly and store them away for future use. They will keep for some time.

Esau sold his birthright for a mess of red pottage of lentils. Perhaps Esau was the first epicure.

Don't lie about any omission; the lie will prove the omission or transgression to be one. If the seasoning was forgotten, say so.

Fish—Fresh and Salt

Brandade of Salt Codfish, Brandade de Morne (Raphael Weill)

TO make this dish successfully only first-class codfish can be used. Soak two pound-cans of boneless codfish in cold water for 24 hours. Place in a saucepan well covered with cold water (no salt). Let it come to boiling point. Cover the saucepan and keep on the corner of the range, so it continues to cook without boiling, about 15 or 20 minutes. By this method the codfish remains tender. While the codfish is cooking place a quart of best California olive oil in a bain marie to keep warm. Strain the codfish, first removing skin and bones if any, and crush in a mortar. This must be done very quickly for the codfish must not be cold, if possible. Take a copper saucepan, tinned inside. Pour in a little of the oil, also two or three cloves of garlic, crushed fine. Put on the fire, stirring with a wooden spoon. Add the codfish and work together thoroughly. Add more oil slowly, about a fifth of the bottle, and about three spoonsful of thick cream, working ceaselessly. Again put more oil, same proportion, the cream, until the whole quart of oil and one pint of cream are used. Add two-thirds of a pint of fresh plain mashed potatoes, rubbed through a very fine sieve. Season with cayenne pepper to taste and finish with a garnish of truffles peeled and heated in a little sherry. Serve hot. (This quantity is for 10 persons.)

Be careful not to let it take to the bottom of the saucepan. It must be worked on a modest fire, moving the saucepan in the meantime so as to distribute the heat equally.

Baked Sea Bass (J. C. Wilson)

Clean fish thoroughly. Dry with napkin. Lay in large fish baking pan, with plenty of butter on pan. Salt and pepper the fish to taste, and also put butter on the fish. Bake 15 minutes in moderate oven. After 15 minutes add one cup of California or Olympia oysters and one cup of fresh shrimps, with one cup of sherry over all. Season with salt, pepper and paprika. Bake 15 minutes longer, basting at times. Garnish with chopped parsley and lemon. Serve. Halibut is also delicious cooked this way, or any large white fish.

Fish Chowder (George T. Bromley)

Any kind of large white fish can be used—halibut, cod, sea bass or barracuda. Cut the fish in large cubes and some salt pork in small cubes. Fry out the pork into "scraps." Take a quart of milk, let it come to a boil and set on back of stove. Lay a few large hardtack crackers at bottom of soup kettle, and on this place a layer of fish, then a layer of onions, then potatoes cut in cubes. Season well with salt, cloves and pepper and pour a can of tomatoes over all. Then cover with cold water and let it come to a boil. When fish is done, the vegetables will also be ready, and the milk may be added. As soon as the boiled milk and the rest of the chowder are assimilated, the chowder is ready to serve.

Steamed Fish (Mrs. Magee)

Any kind of large fish, such as halibut, salmon, etc., can be cooked in this manner. Put a tablespoon of butter in pot; roll fish in flour; when the latter is hot put in layers with celery chopped fine. Cover and cook on a slow fire. Do not add any water, but when done add juice of one lemon and serve.

Codfish, New England Style (Mrs. M. L. B. Smith, San Francisco)

Soak the codfish a few hours, then parboil and throw off the water. Boil again, pick and extract the bones. Have potatoes boiled in jackets, but serve them peeled. Have a bowl of pork "scraps" ready to serve piping hot in the dripping. Make a sauce of milk, butter well seasoned and hard boiled eggs chopped fine. The New England way of enjoying codfish thus served is to mix up fish and potatoes and pour over it the sauce, with pork scraps on top of all.

Delicious Creamed Codfish (Mrs. Larry Gossig Mayo, Honolulu, H. I.)

Melt a tablespoon of butter in double boiler; add a tablespoon of flour; cook together until smooth, stirring constantly. Then add a cup of milk and stir until it comes to a boil. Take 2 cups of codfish, shredded into small pieces, and wash in several waters to freshen thoroughly. Pour cold water over fish and let it come to a boil. Drain. Add the cream and some white pepper and cook about 10 minutes. Serve on buttered toast.

Salmon Loaf (Mrs. Roy N. Roach, St. Helena)

One can salmon, minced and with bones removed; 4 or 5 crackers and 3 slices of bread-crusts rolled fine; milk enough to soften; 1 egg, ½ teaspoon each of sage, pepper and salt. Form in loaf and place pieces of butter on top. Bake in oven about one-half hour.

Salmon with Rice, Scotch Fashion (Anna Campbell, Oakland)

Boil about ½ cup rice in water. Shred a can of salmon and when the rice is cooked mix the salmon with it and season with plenty of pepper and salt to taste. Cover with cracker crumbs and bake about one-half hour in steady oven. When ready to serve place slices of hard boiled egg on top. This dish is good either hot or cold.

Boiled Fish Balls (Mrs. Magee)

Two slices salmon, 2 slices halibut or sturgeon, 1 large onion, 1 tablespoon flour. Chop fish and onion fine and add flour. Mix all together. Have boiling water ready, with tablespoon of salt. Drop a tablespoon at a time of the mixture into the water and boil 10 minutes. Serve with melted butter.

The Emperor Domitian called a cabinet meeting to decide whether a fish should be minced or cooked in a special dish. When the cabinet had settled the question, Domitian did not even ask them to partake of the fish, but dismissed them.

Entrees

Frogs' Legs (Raphael Weill)

CUT the legs of a dozen large sized frogs in two. Season them with salt, pepper and a little grated nutmeg. Fry them in butter with shallots chopped very fine (on a quick fire); add a small glass of sauterne and same quantity of chicken stock; reduce until nearly dry; add half a pint of light cream and a small ladle of Bechamel. Let it simmer slowly for 15 minutes. Put in a tablespoonful of chopped olives and a dash of tabasco. When nearly ready to serve thicken with three yolks of eggs diluted with a little cream and two ounces of sweet butter cut into small pieces. Toss the whole mixture to amalgamate it perfectly, and serve small puff paste crust as garnish (flemons).

Do not let it boil after thickening, or it will curdle. Do not stir with a spoon. The only way is gently to toss the whole mixture and turn the saucepan on the side of the range.

Calf's Liver a la King Leopold (Col. H. I. Kowalsky)

Pick out nice young liver, about 5 pounds, and have skin taken off and the center of the liver cut out. To prepare, have the center ground up in meat grinder or chopped very fine. Then add to this 2 cups of oven dried bread crumbs, paprika, pepper, salt, a pinch of ground ginger, one green pepper very finely chopped or grated, one clove of garlic mashed fine and four sprigs of chopped parsley. Add two well beaten eggs to the other ingredients. Stuff this dressing in the center of the liver. Cook in Dutch oven. Put in one-half cup of chicken or goose fat in saucepan, with one browned onion. Then lay the liver as prepared in the pan, and cover. Let it simmer slowly about 15 minutes, and add gradually about a pint of oxtail soup. Serve.

Shad Roe, Pius IX (Thomas J. McCann)

Put in chafing dish a piece of butter. When melted cover bottom with sliced peeled tomatoes, salt, pepper and chopped parsley; then lay the roe on top of tomatoes, add one-half cup of good dry Rhine wine and one-half cup of chicken broth. Salt and pepper the roe, add little chopped shervil and one slice of very fine chopped up Virginia ham. Slice a good sized truffle and put on top. Cover the chafing dish and let simmer for 40 minutes. Serve zweiback with it.

Soft Shell Clams, Waldorf (Mrs. Meade)

Open as many soft shell clams as wanted, throwing away the hard part and keeping nothing but the body. Place the clams back in the half shell. Add a little sweet butter, two drops lemon juice, and sprinkle over clams a little paprika or a little finely chopped parsley. Cover the clams with a slice of bacon about one-half inch long. Place clams in oven to bake for 5 to 6 minutes. Serve very hot.

Toke point oysters prepared on stove, omitting the bacon, and in place of the lemon use a few drops of

white wine or sherry, can be served under the title **Toke Point Oysters Yukuina.**

Crab Souffle (Mrs. Meade)

Make one pint of rich cream sauce. Add the yolks of three eggs. Beat well. Add a dash of cayenne and a cupful of grated cheese. Add one pint of crab meat finely picked. Fold in the whites of the eggs well beaten. Pour into a baking dish and bake in a quick oven. Serve in same dish.

Corn and Tamales (Mrs. Edward Ray Bromley, Berkeley)

Take one can of corn and two of canned tamales, or one-half of corn and one tamale. Season with catsup, grated cheese, paprika and kitchen bouquet, with pepper and salt to taste. Bake in casserole until browned on top.

Chipped Beef en Souffle (Mrs. E. R. Bromley)

Scald the beef (any quantity desired). Take a cup of milk and thicken with flour, beating in yolks of two eggs when boiling. When ready to serve, beat in egg whites. Do not cook the whites.

Raisin Fritters (Mrs. Meade)

One cup rice, ½ cup flour, ½ teaspoon baking powder in flour, milk sufficient to soften, salt, 2 eggs beaten separately. Grate the rind of ½ lemon; ½ cup Sultana raisins. Cook in frying oil.

Liver Dumplings (Mrs. Magee)

Two eggs, ¼ cup butter, ½ pound liver, ¼ pound fat, 1½ cup bread crumbs, chopped parsley, white herbs, salt and pepper. Chop liver and bacon together, raw, as fine as possible. Beat eggs light, add butter, then add meat, seasoning and crumbs, adding more crumbs if necessary. This will depend on the softness or dryness of the crumbs and the size of eggs. The mixture should be stiff enough to make a paste of the proper consistency to form into balls. Divide into portions; roll smooth in hands. Poach in boiling water. Cook about 15 minutes.

PUNCH

(Mrs. Charles Edgar Longton)

Ten cups sugar, 7½ cups water. Boil twenty-five minutes. Three cans pineapple, 1½ gallons white wine, 3 dozen limes, 1 pint rum, 1 pint sherry or champagne, 1 bottle maraschino cherries.

Louis VI created a cold pate of larks which is said to have been delicious.

Flesh, Fowl and Game

Gigot of Lamb, Lilianne (Raphael Weill)

PARE nicely a leg of yearling lamb. Cut off the knuckle bone at the handle. Remove about two inches of meat lightly with the blade of a cleaver. Lard the leg with pieces of goose liver (foies gras au naturel), cut half an inch square and full length of liver, in this way penetrating the meat lengthwise, using a large size larding needle. This must be done carefully, larding as closely as possible, to have the leg of lamb thoroughly stuffed with the goose liver. Place the leg of lamb in a braising pan, seasoned with salt. Baste with one-half pound clarified butter. Put it in a hot oven for about 30 minutes, basting five or six times and turning the leg to prevent coloring too much on one side. Garnish with four French carrots, two large onions, four leeks, four stalks of celery (all sliced), a handful of parsley, six bay leaves, sprig of thyme, two cloves of garlic, a pinch of whole mace, a teaspoonful of allspice and a small handful of whole white pepper. Add one quart bottle of good sherry and one quart good chicken and beef stock, two calves' feet, boned and blanched. (To blanch calves' feet, put same in a saucepan, well covered with cold water, and a small handful of salt. Bring it to a boil for about three minutes and refresh in cold water.) Cover the braising pan, bringing it to a boil, and cook slowly, simmering in a warm oven for about two hours until the meat is very tender. Remove from fire and take cover off. Put aside to allow cooling for an hour. Put the leg of lamb in a deep china dish, strain the gravy through a fine strainer and a second time through a cheese cloth. Remove the fat thoroughly and cover the leg over with the gravy. Let it cool and place in the ice box, to be served the next day. If it is intended for a formal dinner, the gravy should be clarified, proceeding as if for aspic jelly, the leg nicely trimmed, then covered with five or six coatings of jelly in a nearly cold setting. Make a design of truffles representing a lady's picture and the name "Lilianne" within the truffles, cover again with jelly and serve on flat dishes and garnish with cut up jelly. A frill on the handle must be carved thin and across the meat.

The braising pan must not be too large, so as to allow the leg of lamb to be nearly covered by the stock. Attention must be taken to turn the leg over three or four times during the braising.

Jowl a la Mode, Cold (Colonel Kowalsky)

This takes four jowls (calves' head) with vegetables, plenty of carrots and onions and a little garlic. Cook over a slow fire, add tripe, place in jar in cool place. Serve cold.

Veal Cutlets, Italian Style (Lily K. Slinkey, "Durini")

Dry the cutlets, then dip in cream (canned preferred), seasoned with pepper, salt, savory, thyme and a dash of garlic. Then dip in flour and fry in olive oil with one-third butter, until brown. Garnish with lime and red pepper.

Veal Cutlet en Casserole (S. W.)

First brown the veal well in piping hot pan with a little olive oil. When the veal is rather well done, but not too brown, place it in casserole. Make a gravy in frying pan, with browned flour, butter and water, or a cream gravy. Pour gravy on meat, with a little onion, chopped parsley and a bay leaf, and plenty of seasoning (pepper, salt, paprika if wished, and a rub of garlic). Place in oven until ready to serve. In about one-half hour this dish is usually done. The veal should be thoroughly cooked, but with the consistency and flavor of a broiler.

Beef a la Mode (Mrs. F. X. Bentz)

Four pounds of bottom round. Make incision in the beef with a sharp knife, fill these incisions with long thin pieces of salt pork or bacon. Let beef stand overnight in one pint of white wine or claret; season wine with cloves or allspice. Soak also with beef four whole onions pierced with cloves, sliced carrots and turnips (cut turnips in halves). Next day add more wine, or water, if required. Boil slowly over a very low flame; 20 minutes before beef is ready to serve, add whole potatoes. Remove vegetables as soon as they are cooked. Return them in time to warm up.

Leg of Mutton, English Style, Fireless Cooker Fashion (Mrs. F. C. Luck, Colfax)

Peel some potatoes and place in lower steamer pan. Parboil some onions and place in second steamer pan. Salt and pepper the meat and place on top of vegetable pans. Use no water. Cover the steamer or pot in which meat and vegetables are set, and cook in steady oven for about three hours. Remove meat and vegetables, and with the dripping at bottom of pan make a rich brown gravy. The grease will have been absorbed by the vegetables, without spoiling their flavor, and the meat will be found to have absorbed the onion flavor without overdoing it.

This is a very wholesome way to cook venison and any kind of meat that is usually pot-roasted or boiled in the ordinary way. Pork is nice in this way, with dressing placed with onions. A tough chicken is greatly improved cooked in this manner.

Lamb Stew with Dumplings (Mrs. L. F. Stevens)

Cut some salt pork into dice and place in a stew pot with an onion, some chopped parsley and a garlic clove. When thoroughly browned and the fat melted, put in the meat and let it brown. When the lamb is browned add a little water, as for a pot roast, and let it simmer, adding water from time to time until the meat is tender. A green pepper can be added if liked. After the meat is thoroughly done, add water for the gravy, plenty of seasoning (pepper and salt), and when ready for it, thicken with flour dissolved in cold water. If it is desired to have the potatoes served in the stew, add these about one-half hour before serving time.

The dumplings are made in the usual way with flour and water with a little baking powder. Drop them into

the boiling gravy with a teaspoon. Cover tightly and let steam about 15 minutes.

Not only lamb, but chicken, beef, kidneys or any desired stew meat can be cooked in this way. But when beef is used, carrots improve the flavor, and celery for a chicken stew. Serve on a large platter with the dumplings as a border.

Plain Steak (Mrs. Hortense Steinhart Russell)

This manner of cooking a beefsteak is not difficult and is invariably successful. Heat an iron frying pan redhot and then clap the steak thereon. After it is seared brown on one side, quickly turn it and sear the other side. Have a platter ready, heated thoroughly, and on this a little garlic, and a few drops of Worcestershire sauce. As soon as the steak is done, place it on this prepared platter and serve at once with chopped parsley sprinkled over it.

Salt Rub Steak (Mrs. Charles Edgar Longton)

Rub salt well into both sides of meat and place in pan with a little water in a very hot oven. When steak is browned on one side, turn and brown the other side. Serve very hot. This steak is delicious, the juice just running out of it when cut.

Fried steak is not to be despised. Cut in rather small pieces, flour and fry. Serve on bread or toast as a sandwich. Excellent for after-theatre suppers.

Roast Wild Goose (Durini)

Wash the goose thoroughly in salt water, dry and then season inside and outside with salt and pepper and rub with garlic, butter and olive oil inside and outside. Make a dressing of three-fourths loaf of bread previously soaked in water, allowing it to become dry; one-third mashed green apples, two raw eggs, two onions, two tablespoons Parmesan cheese, salt, pepper, pinch of ginger, savory, thyme and cayenne. Put a little olive oil in a hot roasting pan and roast until done. Baste with oil. Goose cooked in this way is simply perfect, the olive oil taking away all the "wild" flavor.

Squabs, Italian Style (Durini)

This takes three squabs. Split the squabs and quarter them, after which wash and dry. Fry in two-thirds olive oil and one-third butter, with a mashed clove of garlic. When brown add a head of thin celery cut in finger lengths and put in enough olive oil to simmer and remain on back of stove, allowing the celery to become tender. Add salt and pepper and pinch of thyme, sage, nutmeg and savory. Serve on toast.

Chicken Saltato con fungi (Durini)

Fry a young chicken in two-thirds olive oil and one-third butter, with a dash of garlic. Put in a stewpot with a little butter and oil, heat and drop in chicken, when fried adding the gravy to the pan. Then add a can

of ripe olives, first draining off the water and washing the olives in fresh water before placing in pot. Then add a can of French imported mushrooms, liquor and all. (Dried mushrooms can be used, if first soaked, or fresh mushrooms added at last moment, first cooking). Put in a little thyme, sage, savory, black and red pepper, salt and nutmeg, and small can of tomatoes, one fresh tomato and one-half glass red wine. When tender serve on toast.

Chicken Fricassee with Noodles (Mrs. Joseph Steinhart)

Select a large, fat hen. After thoroughly cleaning and singeing, cut off wings and neck. Then separate the breast. If large, cut in two. Cut the back in two pieces, lengthwise. Soak in water a short time; drain and thoroughly dry. When ready to cook take off all the fat you have removed from the chicken, together with two or three tablespoonfuls of the best olive oil and lay in bottom of the kettle—Dutch oven—and when hot brown each piece of chicken quickly. Remove as soon as brown; season with salt, pepper, pinch of ginger, paprika and a little dry mustard, two whole cloves, two allspice, a little kitchen bouquet. Replace again in kettle, cover tightly and cook very slowly. Now add chopped parsley and a small quantity of French carrots minced as fine as possible, three or four finely minced lettuce leaves, one onion and one-half clove garlic. These are added after the chicken has been seasoned and placed in the kettle to simmer. It takes 2½ to 3 hours for the chicken to cook; must cook slowly and turn occasionally. When tender skim off all fat and add about one cupful of boiling water. Let simmer while preparing gravy, which is made by taking one tablespoon of the dripping and one of olive oil. Place in skillet, add one heaping tablespoon of flour, and brown. Add gravy from chicken gradually and when it thickens add pint of milk, and same quantity of table cream. Now pour over the chicken and let simmer very slowly for about 15 minutes.

Noodles—Boil some noodles in salted water; drain, let cold water run through them. Lay on bottom of serving platter. Sprinkle with quantities of Parmesan cheese. Put chicken on top of noodles, pour gravy over all; add a little more cheese and a few fresh cooked mushrooms if desired, or the canned, button kind. Put in a moderately warm oven for a few moments or until cheese is melted, and serve. It should have plenty of gravy.

Chicken Greek (Mrs. Nelson Page, Oakland)

Fricassee as usual. When done remove the chicken and add to the pot liquor one tomato and one cup of cooked macaroni. Beat three or more eggs and add the juice of one and one-half lemons. Then slowly beat in the pot-mixture and pour over the chicken.

Panned Chicken (Dr. Clara M. Freeman)

Prepare the chicken as for fricassee. Put a little olive oil in the roast pan and let it heat. Place the chicken in the pan, flouring each piece, and placing on each plenty of butter. When the chicken is thoroughly browned, put a little hot water in pan, the nucleus for the gravy. Add a little more water from time to time and baste the

chicken with it. Cook one hour. This is a delicious way to cook chicken and the toughest fowl becomes tender through this easy treatment. Serve with mashed potatoes and rice, either curried or plain.

Chicken Croquettes (Mrs. Steinhart)

Boil a chicken until tender. When cold remove all the skin, and dice. To this add a can of diced mushrooms or small sprig of parsley minced very fine, a heaping tablespoon of melted butter, a teaspoon of lemon juice, salt, paprika, pepper, one pint of chicken broth and a tablespoon of flour. Let all simmer for one-half hour. Just before taking from stove add one-half pint cream to which has been added the yolks of two eggs. When this is cool form into croquettes. Dip in melted butter, then in beaten eggs, then cracker or bread crumbs (zwieback crumbs are very nice) and fry in deep fat or lard. Serve with cream or any preferred sauce. Cream sauce is nice, to which a tablespoon of sherry or madeira has been added just before serving.

Chicken Croquettes (Mrs. Mayo)

Two cups chopped chicken, 1 teaspoon lemon juice, ½ teaspoon onion juice, 1 cup thick white sauce, 1 teaspoon minced parsley, 1 teaspoon minced celery and cayenne, salt and white pepper. Add seasoning to chicken, then mix in sauce. Dip into crumbs, then into egg. Fry in deep fat and drain on brown paper.

Chicken de Belgium (Colonel Kowalsky)

Take a fat hen, a calf's foot and a small piece of calf's liver, well rubbed with garlic, and place in a pot half filled with water, a teaspoonful of salt, pepper and a piece of celery. Let it simmer, adding water from time to time until it becomes very tender. Pour off stock, skim fat, retaining some of the fat and stock to make the sauce. Add to sauce one tablespoonful of butter and half a pint of cream. Season with chopped green pepper and California oysters. Cut chicken and slip off bone. Thicken sauce with a little flour and yolks of two eggs. Serve very hot.

Spanish Chicken Dinner for Six (Henry Clay Smith, San Diego)

Take a 5-pound chicken and cut up into small pieces. Separate the wings, neck and giblets and cook these separately. When the latter are done remove all meat from the bones and chop fine. Serve on toast with grated cheese. Put in oven a few minutes until cheese melts.

Chicken—Mix one can green peas with two sweet green peppers, sliced. Take baking dish and line with layer of chicken and layer of peas and peppers, alternately, with seasoning.

Stuffed Peppers—One pound veal and ¼-pound salt pork, chopped fine. Take six small sweet peppers and remove seeds. Stuff with above dressing. Take one can tomato soup, one pepper chopped fine, one chili pepper without the seeds, one onion chopped fine, small clove garlic, broth from the boiled wings and neck to be added. Use the Spanish for the stuffed peppers.

The Economical Hamburger

HAMBURG STEAK can be cooked in many ways. En casserole it is tasty. Roll it in bread crumbs and use plenty of seasoning, either pepper and salt alone, or spices if desired. Put a lump of butter, a clove of garlic and an onion in the casserole with the meat, and a very little water. If no cracker or bread crumbs are used, it will not be necessary to use water, as the meat will be juicy. The crumbs absorb the juice.

Method of Mrs. Albert Morath, Stockton

When the steak is preferred in balls, crush the soft part of bread into the meat before rolling—not grating, but in soft pieces. Chop an onion and add, with garlic if liked; plenty of seasoning, mustard with pepper and salt being an improvement. An egg can be beaten in if liked, but the meat has a better flavor if the egg is omitted. Fry in boiling bacon dripping, or butter if preferred. Do not cook too long. If the meat is liked better in flat cakes, omit the bread.

Mrs. Grace Smith's Way

A quick and good way to cook Hamburg steak is to form it into a loaf, season and cover with sliced tomatoes. Sprinkle paprika on the tomatoes. When the loaf is partly baked, flour it, and when the flour is well browned pour over it a little water so that there will be a gravy.

Meat Loaf (Mrs. Roach)

For a meat loaf roasted for a piece de resistance, mix the meat with plenty of onion, a dash of garlic, cinnamon, pepper and salt. Have the meat ground part pork and part beef, as it is much better this way. Beat an egg into it, or omit if liked better without the egg. When in roasting pan place potatoes, sweet and white, about it and serve the browned potatoes as the garnish, with a little parsley.

A nice way to cook "Hamburger" so that when cold it will cut off in thin slices, like head cheese, for sandwiches, etc., is to mix up the minced meat with about one-half cup cracker crumbs, rolled fine; two eggs, unbeaten; one-half cup milk or water, an onion minced fine; seasoning, dash of pepper, paprika, kitchen bouquet, Worcestershire sauce, cloves, nutmeg, cinnamon, mustard, plenty of salt. Place in tin or aluminum mold and set this in pan half-filled with water. Bake about an hour in good oven. When done it will turn out of mold in perfect shape.

Louis XIII of France was the creator of the method of preparing cutlets or chops broiled not only on the grill, but between two other cutlets, in order to preserve the juices.

Rice

Jack London's Way

"RICE, cooked as American housewives never cook it and can never learn to cook it, appeared on Martin's table at least once a day." Thus Jack London says in the forceful novel that is almost autobiographical. And this is the way Jack London cooks his rice—I have the recipe by favor of Mrs. London, above her husband's signature:

Rice Properly Cooked—First, the rice must be washed thoroughly, which will obviate all stickiness of the kernels when boiled. The proportion of rice should be one, to two of cold water. The Oriental allows this to stand several hours before setting on the stove. When the saucepan is finally placed on the stove, fire must be hot and the rice kept boiling until all the water has been absorbed by the rice, and no water remains on the surface. Then remove where the stove is not so hot, and let simmer slightly. The cooking of a pot of rice should require from fifty minutes to an hour for a moderate measure. Just before serving, stir softly and carefully with a fork, which loosens the mass into a light and flaky appearance. The kernels should be light, soft, separate.

Miss Sarah Connell, book critic of "Town Talk" and an authority on cooking as on literature, says that "The trouble is not so much with the cook as with the rice itself. There are about 49 varieties and no two cook the same way. Some come out best by parboiling and then draining and starting again in cold water. To get the same kind of rice every time would mean one reliable recipe. As it is Chinese, Japanese, Indian, Georgia, South Carolina, and now California and a few dozen more, make rice cooking a never solved problem."

Rice Mexican (William J. Taffinder)

Requires rice (whole), sweet bell peppers, tomatoes, onion, chili powder, salt and pepper, lard.

In a steel frying pan melt enough lard to fry to a seal brown color one teacupful of rice. The rice must be cleaned with a napkin and not washed. Constant stirring is necessary to prevent the rice from burning. Remove the rice and set to drain. Into the lard put one or two large peppers which have been seeded and chopped fine, and the juice of one medium sized onion (grated). One pinch of salt, pepper to taste. Two heaping teaspoonfuls of the chili powder, which has been mixed with three cupfuls of tomatoes which have been mashed fine. In a granite saucepan have a cup of boiling water. Pour the sauce from the frying pan into the saucepan, then pour in the rice. Boil slowly until the rice is cooked, place in oven and bake.

If this dish is well cooked, each grain is separate and dry.

Rice Holland Style (Mrs. Amos Pylman, Hood, Sacramento County)

Wash the rice in several waters until the last water is absolutely clear, and pick out all the dark grains. Have ready boiling water, and cook the rice in this until all the water is absorbed. The proportions are about twice liquid to the dry rice. When the rice is even with the water, stir in about a quart of milk (or less if the quantity of rice is small). Let this cook up in the rice, on the back of the stove. Rice cooked in this manner is delicious, every grain being perfect.

The composer Rossini could cook cleverly, and his most celebrated dish was a preparation of macaroni. Caruso knows how to cook macaroni, also.

Vegetables

VERY few people cook vegetables properly, and few understand that the preparation is really a major part of vegetable-cookery. In boiling asparagus, for instance, do not let it boil too long. So many cooks leave the vegetables on the stove until all their delicate flavor is lost. If artichokes boil too long they become soggy. If vegetables are freshly gathered they do not need to cook so long as when they are old. Do not soak all vegetables in water—corn, for instance. The water may be freshening, but it toughens and hardens. Artichokes should be placed in water, so that they will be thoroughly cleansed. Kale and spinach must be washed in several waters before cooking. Peas, unless freshly picked from the vines, are improved by soaking. If very hard, a tiny dash of soda in the boiling water will soften them. If they are not sweet, add a little sugar to the water.

Personally I prefer fresh vegetables dressed with butter, pepper and salt only, but many like them creamed. Carrots, if sliced very thin, only take about 20 minutes to cook thoroughly; dressed with butter, or with canned cream, they are a dish not to be despised because cheap. Corn, if young, should not be boiled more than 6 minutes at the most, and should be served at once. **Allan Miner** told me that an infallible way to cook corn was to place it in cold water and let it boil up; when at the boil it is ready to serve. Steamed corn takes a long time to cook and is not invariably tender. The latest idea in corn cooking is to have the water boiling briskly, then drop the corn in and turn off the flame under the pot. The corn is said to be "ready" after a few minutes in the water.

Cauliflower is much more tasty baked in the casserole, with butter and a little cream, with cheese and paprika, than in any other way.

Potatoes are much more mealy boiled in their jackets than when peeled before boiling. Mashed potatoes beaten up with a fork just before serving are lighter than when a spoon or masher is used.

Mrs. Ella Sterling Mighels tells me that **Peas with Paprika,** Portuguese style, are delicious. Boil the peas

in the usual way, then season with salt and pepper and plenty of melted butter, with paprika well sprinkled on top.

The old way of cooking beets was boiling and then slicing and covering with vinegar, serving as a pickle. But beets are really an addition to the table when boiled or baked until tender and then served either whole, well buttered, or chopped fine and either creamed or merely dressed with butter, pepper and salt. The tops are usually boiled with the beets and served in a separate dish, chopped fine, the guest being asked whether he prefers the beets with or without the tops. Epicures like the tops, also the tender leaves of the cauliflower, the latter creamed.

Squash, either the summer or winter variety, is delicious baked in the shell, with butter and seasoning of pepper, salt and paprika. If preferred it can be parboiled before being placed in oven. Serve melon-size winter squash one-half to each guest. Parmesan cheese can be added, if liked. If summer squash is preferred boiled and mashed, be careful and use very little water while cooking. Just enough water to keep from scorching is necessary; the cooking should be rather a steaming process. Egg plant served in the shell is much more palatable than when fried. Sprinkle with cracker crumbs and bake until done; if preferred, parboil first.

The late Mrs. L. M. Barnett told me how they cook cabbage in Texas. They boil it with a red pepper (Mexican) and a ham bone. Cooked this way the cabbage takes on a more refined flavor.

Asparagus with Parmesan Cheese (Durini)

Place the asparagus in boiling water and, when boiled, add salt. Cook until tender, drain and cool. Then cut asparagus in small pieces, using all but the tough part of the stalks. Put in bake pan or casserole one-half cup olive oil and one-third butter and a clove of garlic. Cover with Parmesan cheese and bake.

Asparagus is very nice creamed, but it is as well to use the short or broken pieces for this dish. Cook the heads and very little of the stalk and make a drawn butter sauce, serving on toast.—(Mrs. Pylman).

Artichokes, Italian Style (Durini)

Take the artichokes and strip off one-quarter of the outer leaves, and then cut the top points off, after which put in boiling water; add a little salt. When tender, drain and permit them to cool. Now cut the artichokes in half and fry in two-thirds olive oil and one-third butter with a dash of garlic. Serve when brown.

Artichoke Dressing (Mrs. Meade)

French dressing, with chopped fine onions, dill pickles, capers, pimento and walnuts.

Potato Patties (Miss Connell)

Take as many potatoes as you need—wash, peel and grate. Leave them in a dish or bowl under cover for an hour or so. Then drain off the "juice." Likely they will

have turned brown, but that will not matter. Press out as much of the water as can be done without really bothering. Beat up an egg and add to the potatoes, with salt and pepper for seasoning. For a small quantity a whole egg may be too much, for the mixture must be like a fairly stiff dough. If too soft, add a little flour until it comes just right. Make it into patties, roll in crumbs and fry in deep fat.

Potato Dumplings (Mrs. Magee)

Four cold boiled potatoes, stale bread crumbs, 2 eggs, ½ teaspoon salt, ¼ teaspoon pepper, 1 teaspoon parsley, a dash of nutmeg, 2 tablespoons flour, 2 cups fried bread crumbs. Grate potatoes, add 1 cup crumbs crisped in butter or drippings; add eggs and seasoning; form in medium size balls and steam or boil 20 minutes. Turn out and sprinkle with remaining crumbs.

Baked potatoes are delicious if scooped out just before serving and the potato mashed with butter, pepper and salt and a little cream, then returned to the skin and placed in oven to heat. Serve piping hot.

Mrs. Luck says: "Rub potatoes with butter or olive oil before baking, as it makes the skins more tender and gives them an artistic brown," and Mrs. Mighels has found out: "If the milk for mashed potatoes is scalded first the potatoes left over will be in no danger of turning sour and can be made into dainty potato pats for next day's luncheon."

Smothered Onions (H. C. Smith)

Place the onions, medium size or large as preferred, and as many as are desired, in a stew pot. Place a lump of butter on each onion and season with salt and pepper. Cover the pot and let the onions bake a little while in the melted butter. Have a little water in the pan so as to keep from burning. Let the onions cook slowly but thoroughly, and when done add a little cream to the water. The onions are just as delicious without the cream, though perhaps not quite so rich. Paprika can be added to the other seasoning if wished.

When you see a gash in a potato, don't imagine it is decayed. The gash merely means that the spade slashed the tuber, when Farmer John was digging.

Salad Dressing

DIFFERENT cooks have different ways of making mayonnaise. If the salt is put in with the first drops of olive oil there is less danger of curdling, and some say a little vinegar is a sure preventive of curdling. Mayonnaise made with cottonseed oil never curdles, and if the vinegar is beaten up first, and the oil added to the egg gradually, the result is always good. The cottonseed oil does not have the "snap" of olive oil, but a great many prefer it. It takes more pure olive oil (that in cans) to thicken the mayonnaise than it does of the "salad oil" that comes in bottles, but the flavor of the thinner oil is more acceptable to thè connoisseur. An easy way to make mayonnaise is to beat a whole egg in a bowl with salt until light and then add the oil (olive or cottonseed) drop by drop until it is fairly thick. Beat with Dover beater and then add more oil and some salt. With an egg and about two cups of oil one can make enough mayonnaise in this way to last a week if kept in a chilly place. Add about a teaspoonful of vinegar the very last and beat well. The mayonnaise can be thinned from day to day, when used, with lemon juice or vinegar. This mayonnaise really tastes just as well as the kind made in the slow, old-fashioned way.

Salad is much more tasty mixed in French or Italian style than in a more formal way. Have ready the lettuce (crisped), onions sliced thin, or whatever else is desired for the salad. Put the vegetables in large bowl, season with salt and pepper and pour over all the oil. Mix up with the hands, and when ready to serve add the vinegar to taste. Garlic can be rubbed in the bottom of the bowl, or the clove left in until the salad is served. Mixing with the hands works in the "taste" as no other way could.

Salads are of infinite variety these days—the apple and nut; beet; bean—lima, liver and Boston, with a few string beans and peas; olive and tomato, with green pepper; pimento and lettuce; cauliflower; artichoke and asparagus; cucumber and tomato—indeed, what combination cannot be used for a salad?

Dressing "Louis" (Mrs. H. S. Whittard)

One teaspoon dry mustard, 1 teaspoon salt (small), ½ teaspoon sugar, 2-3 cup olive oil, 4 tablespoons chili sauce (Millar's preferred), 1 tablespoon Worcestershire sauce, 1 tablespoon malt vinegar, 1 teaspoon horseradish. Have bowl very cold, and rub well with garlic. Put in mustard, salt and sugar. Add to this the oil, gradually. Beat well. Then add chili sauce, Worcestershire sauce and horseradish, putting in vinegar last. (To be used on any kind of salad.)

Salad Dressing (Mrs. Page)

About the size of three peas of mustard stirred in either water or vinegar, 2 tablespoons sugar, 1 tablespoon olive oil, pinch of salt, 1 egg well beaten, 1 cup vinegar. Let boil up without stirring. When cooled should be the consistency of good cream.

Salad Dressing (Dr. J. Wilson Shiels)

The ingredients are the yolk of one hard boiled egg, 1 tablespoon of Roquefort cheese, wet English mustard, pepper (fresh ground), salt and sugar to taste, 3 tablespoons of olive oil, ½ tablespoon of Tarragon vinegar. Mash the egg yolk and the cheese together and add seasoning, gradually add oil and vinegar. Cut up fine the white of the egg and add this last. (This quantity is for four people.)

Lettuce Holland Style (Mrs. Pylman)

Cut a slice of bacon—or more if needed—into dice and fry in sauce-pan. Have lettuce ready in dish, and just before serving pour a little vinegar into the bacon fat, stirring and seasoning with pepper (not too much). Then pour over lettuce.

Canadian Salad Dressing (Mrs. Pylman)

Yolk of egg, tablespoon sugar, teaspoon flour, ½ teaspoon mustard, ½ cup milk, small chunk of butter. Cook to boiling point, and then pour in ½ cup of vinegar. Stir constantly. Pour this over cabbage cut very fine, while the cabbage is hot. If this dressing is used for lettuce it can be mixed with a little lemon juice, enough to thin it, and is a very good substitute for mayonnaise.

Water cress salad, seasoned with pepper, salt, paprika and a little garlic, with vinegar, is very palatable. The garlic adds much to the tastiness of this simple salad.

Lucullus, the Monte Cristo of Naples, according to Juvenal, devoured at one meal a whole estate. He thought nothing of spending $20,000 on one banquet and nearly every day he spread one of these feasts.

Napoleon boasted of his cooking talent, but when asked to make an omelet he awkwardly flipped it on the floor. Conde also proclaimed his ability as a cook, but overturned his omelet into the fire. Prince de Tallyrand did not boast, but really knew how to cook.

Omelets and Accompaniment

IT was Will Clemens' cook who discovered how to make the most delicious omelet imaginable, using water instead of milk, or with the eggs by themselves. One evening Mr. and Mrs. Clemens were entertaining a few friends in their New York flat, and the maid was called upon to serve omelets all around. The first of her creations was so appetizing that she was requested to repeat the dish. In a short time out she came from the kitchen with an omelet which was so delicious that every guest exclaimed, "How do you make these?" She falteringly confessed that as there was no more milk in the house and the omelet was wanted directly she had ventured to use water instead of milk for thinning.

"Hereafter all our omelets shall be thinned with water," exclaimed all the delighted eaters, among whom was Mrs. Sterling Mighels, who brought the creation to San Francisco.

Orange Omelet (Mrs. Meade)

Three eggs beaten separately, 3 tablespoons orange juice, 1 tablespoon sugar, rind of 1 orange. When serving burn with Kirsch or brandy.

Cheese Straws (Mrs. Meade)

One oz. butter, 1 oz. flour, 2 ounces bread crumbs, 2 ounces cheese grated, ½ salt-spoon of mixed salt and cayenne. Mix into a paste or roll out into a quarter of an inch thickness. Cut in narrow strips and lay on sheet of paper to cook. Baked in a few moments. Two tablespoons means 1 ounce.

Also delicious accompaniment to salads or omelets are soda crackers placed in the oven, with slices of Eastern or California cheese on them, sprinkled with salt and paprika. When the cheese is melted they are ready to serve.

English toast is nice to serve with an omelet, or with anchovies as an appetizer for a formal dinner. Cut the bread in medium-thin slices, and brown on pan in butter, being careful not to let them cook too crisp. If desired a little salt can be sprinkled on the slices, and paprika.

French toast is made by cutting moderately thick slices of bread, dipping them in egg moistened with a little milk, and frying them in bacon dripping or butter until brown, sprinkling sugar and cinnamon on each slice if desired. If preferred chopped parsley, pepper and salt may be the seasoning, and some people like this toast served with currant jelly spread on it.

Baked macaroni is greatly improved by adding an onion.

Those who object to onion and garlic in vegetable form find the onion-garlic flavoring extract not against their palates.

Puddings and Pudding Sauces

Plum Pudding (Mrs. Thomas Longton, Sacramento)

One pint stale breadcrumbs, 1 cup flour, 1 cup stoned raisins, 1 cup mashed currants, 1 cup brown sugar, 1 teaspoon cinnamon, ½ teaspoon grated nutmeg, ½ pound suet, ½ pound citron, 1 teaspoon baking powder, juice and rind of 1 lemon, ½ cup molasses, 3 eggs. Mix well all dry ingredients, beat eggs and add to molasses; dissolve soda in tablespoon hot water and add to it molasses and eggs. Mix into dry ingredients and pack into greased mold. Boil 4 hours. Serve with hard and brandy sauce.

Brandy Sauce

Four tablespoons butter size two eggs, 1 cup powdered sugar, whites 2 eggs, ½ cup boiling water, ½ cup brandy. Beat butter to a cream and add gradually sugar. Beat until white and light, then add whites one at a time, beating all the while. When ready to serve add brandy and boiling water. Stand bowl in basin of boiling water over fire, and stir until light and creamy, and it is ready to serve.

English Plum Pudding (Mrs. George Albert Bromley)

One-half pound beef suet, ½ pound seeded raisins, ½ pound Sultana raisins, ½ pound currants, ¼ pound mixed candied peel, ½ pound breadcrumbs, 1 cup flour, ½ pound chopped almonds, ½ pound brown sugar, ½ teaspoon each nutmeg and cinnamon, ¼ teaspoon cloves, 5 eggs, ½ cup milk, rind and juice of 1 lemon and 1 orange.

First—Chop suet, then dry and pick currants, cut large raisins in halves, shred and peel, blanch and chop almonds. Next, mix all dry ingredients thoroughly. Third—Beat up eggs, add milk, and mix them in pudding. Fourth—Let it stand if possible for a day or two before cooking, then pour into well-greased mold. Cover closely and steam.

Nursery Plum Pudding (Miss Connell)

Take a loaf of raisin bread, wrap in a clean cloth, and place in colander to steam. It will take about an hour, but can be steamed over something else that is boiling. Serve with sweet sauce. This is a very good and cheap pudding, nutritious and palatable.

Plum Pudding (Mrs. John Parke Brownlee, Berkeley)

One pound suet, 1 pound raisins, 1 pound currants, 1 pound bread crumbs, ¼ pound mixed peel, 2 cups sugar, 4 tablespoons flour, 1 teaspoon each of nutmeg and cinnamon, 1 pint brandy, 6 eggs, 1 teaspoon salt.

Wellsley Pudding (Mrs. E. R. Bromley)

Put two cupfuls sugar and one-third boiling water in a granite saucepan. Place on range and stir until sugar has dissolved. Bring to boiling point and let boil without stirring until mixture will spin and thread when dropped from tip of spoon. Pour syrup gradually

while beating constantly on the whites of 2 eggs beaten until stiff and continue beating until mixture is nearly stiff enough to hold its shape. Return to saucepan and place in large pan containing a little boiling water and cook, stirring constantly from botton to sides of pan until mixture becomes granular around sides. Remove and beat until mixture will hold its shape. Flavor with ½ teaspoon vanilla.

Fig Pudding (Mrs. Augustus Chasy Doan, New York)

Three ounces each of flour and bread crumbs. Shred 2 ounces of suet fine, and mix with flour and bread crumbs. Two ounces apples chopped fine, 4 ounces figs chopped fine.1 tablespoon sugar and sufficient milk to mix firmly—not too wet. Put in buttered mold and press closely together. Tie down with cloth and steam 3 hours. Leave room for it to swell.

Cherry Puffs (Mrs. George Alfred Sellery, Neligh, Nebraska)

One pint flour, 2 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons sugar, 1 tablespoon butter. Stir in sweet milk until thick enough batter is formed. Put 2 tablespoons cherries in cup, then tablespoon batter on top. Place in steamer and cook 20 minutes. Serve with sauce or cream.

Apple Pudding (Mrs. J. Allan Munro, Berkeley)

One pint flour, 1 cup milk, 2 eggs, butter size of an egg, 2 teaspoons baking powder. Sift baking powder in flour, melt butter, add milk, eggs and flour. Bake 1 hour over sliced and sweetened apples, (or steam if preferred).

Indian Pudding (Mrs. Page)

Scald the corn meal in boiling milk, and stir in salt and brown sugar or molasses—some molasses to give good color—two beaten eggs, a good tablespoonful of butter, seeded raisins, and milk to make a fairly stiff batter. Stir several times while baking, and add more milk it if seems to bake too dry. Bake about an hour and a half. Molasses does not mean refined syrup but New Orleans black-strap.

Steamed Pudding (Mrs. Franklin Poore)

One small cup sour milk, 1½ cups flour, 1 teacup sugar, 1 egg, ½ teaspoon cinnamon, ¼ each of nutmeg and cloves, ½ teaspoon soda, 2 tablespoons butter (or suet size of small egg), citron and raisins (or not if preferred). Beat all together at once—the butter, sugar, egg and spices, then add sour milk and flour and soda, mixing the soda with a little warm water, and add last of all just before the raisins or citron. Chopped apples or sliced may be used instead of the other fruit—or no fruit at all. If sweet milk is used, in place of soda use 1 teaspoon baking powder. Steam three-quarters of an hour. If suet is used, chop fine, and use instead of the butter.

Steamed Pudding (Mrs. Mighels)

Take about a quart of stale graham bread, crusts and all, and soak in water until soft; then dry. Add 7 chopped apples, Rhode Island pippins; about ½ cup suet, shredded or run through the meat grinder; about 2 tablespoons flour and ½ teaspoon baking powder; 2 eggs well beaten, salt to taste and about a cup of sugar (if a very sweet pudding is liked, add more sugar). Flavor with cinnamon and nutmeg. Beat all together, and soften with more water if necessary. Place in covered tins and steam about three hours. This pudding may be served with hard or soft sauce, and can be kept for a long time, ready to heat up when an emergency dessert is called for. It is simple and very palatable.

St. James Pudding (Mrs. G. A. Bromley)

One cup molasses, 1 cup sweet or sour milk, ¾ cup suet, 1 egg, ½ teaspoon salt, 1 teaspoon soda, 1 teaspoon cinnamon, and nuts and raisins to suit taste. Flour like cake batter. Steam one and a half hours.

Sauce—2 cups sugar, butter size egg, then add 2 eggs.

Chocolate Pudding (Mrs. Mayo)

One cup grated carrots, 1 cup grated Irish potatoes, 4 tablespoons chocolate, 1 cup sugar, ½ cup chopped nuts, ½ cup chopped raisins, 1 full teaspoon mixed spices, 1 cup flour, 1 tablespoon brandy, butter the size of an egg, 1 level teaspoon soda. Grate the carrots and potatoes first, and then mix them with the other ingredients. Steam in a covered tin three full hours. Serve with hard sauce. The pudding looks more festive if served with brandy burning on the platter; then take up burning mixture and "baste" pudding with it.

(As good as anything I ever tasted. This recipe was given me by an old negress who cooked at our San Diego boarding house.—Dorothy W. Mayo.)

Tapioca is very nice cooked with fruits, and canned peaches or apricots blend well with it as a pudding. When served as a custard, boiled, shredded pineapple is delicious beaten up with the custard.

Sauce for Cottage Pudding (Mrs. C. E. Longton)

Butter size of an egg, 2 cups granulated sugar beaten to a cream, then add gradually 2 cups of strawberries well mashed.

Simple Pudding Sauce (S. W.)

One-half cup sugar, 1 cup water. When near to boiling point add 2 teaspoons cornstarch moistened in water or milk. Boil about 5 minutes. Before serving add flavoring—brandy, vinegar, vanilla or lemon extract, with a little nutmeg grated.

Remember not to try doing too many things at once. As Prentice Mulford said: "You can't bake a johnnycake and mend the chicken-coop at the same time." The folks that expect others to draw a circle with one hand and a straight line with the other never try it themselves.

Fancy Desserts

Marshmallow Pudding (Mrs. Roach)

One cup sugar, whites of 2 eggs. Dissolve 1 package of Knox's gelatine in hot water, let cool. Add to sugar and whites of eggs, and beat all together until it is like marshmallow. Separate into three different parts. Add chocolate to one part, dissolve small portion of red pellet in water, add to other part leaving one part white. Put in mold and let stand. Flavor with vanilla, rose or almond. The three blended together make a delicious flavoring. Add pinch of salt to pudding. Serve with whipped cream.

Miss Ray Bromley says: "With another portion colored with green and flavored with pistachio the marshmallow is made even more attractive, served with the whipped cream and chopped walnuts, and a maraschino cherry on top of each helping."

Mrs. Mayo adds: "The marshmallow is also delicious with crushed fruits, raspberry, strawberry or banana, used instead of the other flavoring. Instead of whipped cream pineapple juice poured over it makes a change."

Marshmallow Cream (Mrs. Walter A. Scott)

One-fourth cup cold water, 1½ tablespoon gelatine, ¼ cup boiling water. Then, if not dissolved sufficiently, set on stove a few seconds. Six broken macaroons, 1 cup granulated sugar, 1 dozen marshmallows, 5 cents' worth candied cherries, ½ cup grated almonds, 3 tablespoons sherry or rum. Mix all this and while it is cooling whip the cream (1 pint cream).

Bavarian Cream (Mrs. G. A. Bromley)

One-half package gelatine dissolved in a little water, 1 pint milk, 1 pint cream, ½ cup sugar, 4 eggs, pinch salt, vanilla and almond flavoring. Let milk and salt come to a boil, add gelatine, then beat in beaten yolks of eggs, a little at a time. Put on stove and let it custard. When cold beat in whites and cream and let stand in cool place until served.

Frozen Pudding (Mrs. G. A. Bromley)

One-half pint whipping cream, whites of 2 eggs, 2 bananas, ½ cup sugar. Cut fruit and put sugar on it and let stand and then mash with fork. Whip cream, add eggs mixed together, then fruit and sugar. Put in freezer and let freeze as for ice cream. (For four people.)

Pineapple Parfait (Mrs. G. A. Bromley)

One quart whipped cream. Put in cup with a little water, 1 tablespoon gelatine, set cup in dish of hot water to dissolve. Mix gelatine, 1 cup sugar, 1 can grated pineapple, then turn all into whipped cream. Put into glass jar or tin molds to freeze. Chop ice and use 1 cup rock salt to 2 cups ice. Pack and let stand about two and a half or three hours. To take from mold dip a

towel in hot water and hold around mold for an instant and the parfait will slide out on dish to be served. Can be cut off in slices.

Orange Cream Pudding (Rose Mahony)

Dissolve 2 heaping teaspoons powdered gelatine in 1 cup boiling water, add 2 cups sugar, 2 cups strained orange juice, yolks of 3 eggs. Beat well together, then add 2 cups whipped cream. Pour into mold, and turn out when firm.

The popular dessert for a Christmas dinner in Texas, said Mrs. Barnett, recalling memories of her childhood, was banana, orange and pineapple cut up and mixed with a little lemon juice. Served with fruit cake.

Pies and Fillings

Pie Crust (Mrs. E. R. Bromley)

One cup lard, level teaspoon salt, beaten to a cream. Add 3 cups flour, work lightly together with ½ cup water. When pie is made before cutting holes in top crust let the cold water run over it. Bake to a nice brown.

Lemon Pie Filling (Mrs. F. G. Irving, Colfax)

This makes one pie.

One cup sugar, 1 tablespoon butter, 2 eggs, saving white of 1 for meringue; 1 tablespoon cornstarch, moistened in a little water, 1 lemon grated and the juice. Stir together and then pour over 1 cup boiling water. Boil until thick. Cool a little and put on meringue, browning later in oven, just a little. Make pie crust first.

Chocolate Filling (S. W.)

Yolks of 2 eggs, 2 scant tablespoons cornstarch, 1 quart milk, 2 tablespoons sugar, pinch salt, ½ teaspoon vanilla. Cook as for chocolate pudding, adding vanilla after the mixture is done. Do not let it boil too hard. About four minutes is sufficient. If it seems too stiff, thin a little. Have ready the pie shell with deep crust and fancy border. Pour custard in shell and let cool a little. Beat up the 2 whites of egg with a little powdered sugar and a dash of salt and vanilla extract. Place meringue on top of pie and brown in oven. This makes a very deep pie, or two small ones.

Squash Pie Filling (Mrs. R. N. Roach)

Three big cups of cooked squash, 5 eggs, 1 quart sweet milk. Sweeten to taste. Add cinnamon and nutmeg to taste, and salt. Mix sugar, spices, salt with the squash, add eggs and milk, and strain into two deep pie pans which have been lined with a good pie paste.

A squash pie is delicious served with whipped cream on top.

Cakes and Fillings for Cakes

The oftener you sift flour the lighter will be your cakes.

Cream the butter and sugar with the hands in cold weather, as it will produce better and quicker results.

Never beat a cake batter briskly after the flour has been added, as it will toughen the grain. Fold the flour in gently.

Chocolate Cake (Mrs. Roach)

Three tablespoons chocolate, dissolved in a little hot water. Cream 1 thin slice butter and 1 cup sugar with chocolate, add 2 eggs well beaten, 1 cup milk, sweet or sour if preferred (if sour, use a pinch of soda); 2 cups flour—sift 4 times, then measure. Add 2 teaspoons baking powder, pinch salt, vanilla to taste. If you like, use a little cinnamon. Bake in loaf or layers. Use white or chocolate frosting.

Frosting for Chocolate Cake

Two teacups powdered sugar, 2 tablespoons chocolate, hot water enough to moisten so it will spread smooth—add water a little at a time.

Easy Fruit Cake (S. W.)

Two cups flour sifted 4 times, 2 teaspoons baking powder, 2 eggs, ½ cup cold black coffee, 1 thin slice butter, 1 cup sugar, 2 tablespoons dark molasses, ½ cup raisins, cut or whole, 1/3 cup dried currants, 1 tablespoon citron sliced very thin, ½ cup cut walnuts, about 6 maraschino cherries cut fine, or if preferred to have them whole, use about 12; 1 teaspoon sherry, brandy or lemon extract, ½ teaspoon powdered chocolate, ½ teaspoon cinnamon, ¼ teaspoon each of grated cloves, nutmeg, allspice; ½ teaspoon salt. Cream sugar and butter, add molasses, fruit and coffee, beating all well; then add eggs well beaten; sift all dry ingredients together and join to mixture, being careful to have them well harmonized. Bake about an hour, in a slow oven. This cake is nice either iced or plain. It will keep fresh a long time.

The same cake is very nice if made without the fruit mentioned above, but with dried figs, cut fine, substituted, and with light molasses.

Fruit Cake (Mrs. Joseph Nesbitt)

Two cups butter, 2 cups white sugar, 2 large cups flour, 6 cups raisins, 2 cups currants, 4 cups mixed peel, 4 teaspoons cinnamon, 1 nutmeg, 2 teaspoons vanilla, 2 teaspoons baking powder, 10 eggs, 1 glass brandy.

Fruit Cake (Mrs. E. F. Smith)

One pound raisins, 1 pound currants, 1½ pound citron, 2 eggs, 1 cup molasses, 1 cup brown sugar, ½ cup butter, 2/3 cup water, ½ teaspoon soda, 1 teaspoon cream tartar, 2 teaspoons nutmeg, 2 teaspoons allspice, 1 teaspoon cloves, 3 cups flour. Bake two and a half or three hours, slowly.

(This recipe was given me by Mrs. Bryant, wife of a professor at Stanford University, Palo Alto.—M. C. S.)

Apple Sauce Cake (Mrs. John W. Sandford, White Sulphur Springs, St. Helena)

One and one-half cups brown sugar, 1 cup raisins, 1 teaspoon mace, 1 teaspoon cinnamon, ½ teaspoon each of nutmeg and cloves, 1½ cups flour, 1 cup apple sauce, 1 thin slice butter, 1 level teaspoon soda dissolved in water. Bake slowly one hour. No egg is required for this cake, but one may be used if preferred.

Buckeye Cake (Seba Rixon, San Francisco)

One cup butter, 2 cups powdered sugar, 3 cups flour, 1 cup sour milk, 4 or 5 eggs, 1 teaspoon soda, 1 nutmeg, ¾ pounds raisins cut with knife and rolled with half the flour. Cream butter and sugar, add yolks of eggs, then milk with soda dissolved in it. Stir in ½ of flour, then stir briskly. Then add flour and raisins and stir again, the whites of eggs last. Bake from 1 to 1½ hours.

Scotch Short Cake (Mrs. S. Secord, Kincardine, Ontario)

Four cups flour, ½ cup butter, ½ cup lard, 1 cup brown sugar, 1 egg.

Spice Cake (Mrs. Doan)

One cup brown sugar, 2 tablespoons butter beaten to a cream, 2 eggs, ½ cup milk or water, 1 teaspoon each allspice, cinnamon, 1 cup flour, 1 large teaspoon baking powder.

Gingerbread Without Eggs (Mrs. F. B. Jansen)

Two scant cups flour, ½ cup sugar, ½ cup dark molasses, ½ cup sour milk, pinch soda, 2 even teaspoons baking powder, ginger, cloves, cinnamon, nutmeg to taste; vanilla extract if desired. Beat into soft batter being very careful not to have it too stiff. Use water to thin, if the flour seems too heavy. Shorten with about a tablespoon of butter, either creamed with the sugar or melted and added to dry ingredients. Place in hot greased pan and bake about one-half hour in good oven. Raisins and currants can be added if desired.

Sister Clara's Soft Gingerbread (Mrs. Irving)

Two eggs, ½ cup sugar, 1 cup molasses, 2/3 cup shortening, pinch of ginger if desired, cinnamon and cloves to suit taste, heaping teaspoon soda dissolved in a little water, 2½ cups flour; add 1 cup boiling water just before putting in oven.

Brown Velvet Cake (Mrs. G. A. Bromley)

One-half cup butter, 1 cup sugar, 1 egg, 1 cup sour milk into which put ½ teaspoon baking soda, 2 cups flour, 2 tablespoons chocolate, ½ teaspoon cinnamon and nutmeg, ¼ teaspoon cloves, 1 teaspoon vanilla and a little salt.

Throw-Together Cakes (Mrs. G. A. Bromley)

One-half cup butter, 1 1/3 cup sugar, ½ cup water, 2 cups flour, 4 eggs, 2 teaspoons baking powder, ½ cup currants, juice ½ lemon, pinch of nutmeg.

Potato Cake (Marie Lucile Pyle)

Two cups sugar, 1 cup each lard and butter, ½ cup milk, 3 eggs beaten separately, 1 cup mashed potatoes, 1 cup grated chocolate, 1 cup chopped walnuts, 2 cups flour, 2 teaspoons each of cinnamon, nutmeg and cloves. Fold whites of eggs in last.

Nut Cake (Mrs. Brownlee)

One cup sugar, 2 eggs, ½ cup butter, ½ cup sweet milk, 1½ cups sifted flour, 2 teaspoons baking powder, nuts to desire. Bake in breadpan.

Prune Layer Cake (Mrs. Roach)

One cup sugar, 1 thin slice butter, 3 yolks and 1½ whites of eggs, 1 cup prunes, or 24 prunes, ½ cup milk, 1 teaspoon cinnamon, ½ teaspoon cloves, 2 cups flour, 1 small teaspoon soda, 1 teaspoon baking powder. Any preferred flavoring. Bake in layers. Filling—Boiled icing, and 10 marshmallows added.

Layer Cake (Mrs. Brownlee)

Two cups flour sifted once, 1 cup sugar, ½ cup butter, 2 eggs, ½ cup milk, pinch salt, 2 teaspoons baking powder, lemon or vanilla flavoring. Cream butter and sugar, then add yolks of eggs, then milk, then dry ingredients and the egg whites last of all, beaten stiff. Any kind of filling can be used with this recipe.

Chocolate Jam Cake (Mrs. Gus Moose, San Francisco)

One cup sugar, 4 tablespoons butter. Cream well into above yolks of 3 eggs, grated rind of 1 lemon, ½ teaspoon each of cloves, cinanmon and allspice, 1 teaspoon almond extract, 1 teaspoon vanilla, 4 tablespoons milk, 3 teaspoons water, 4 tablespoons grated chocolate, 1 cup flour, 1 teaspoon baking powder, and last the beaten whites of eggs. Bake in 2 jelly-cake tins, medium oven. When baked put any kind of jam between layers and ice with chocolate icing.

Lemon Cream Cake (Mrs. Moose)

Three eggs, 2/3 cups sugar. Beat well for about 10 or 15 minutes. Two-thirds cup flour and 2/3 teaspoon baking powder. Bake in moderately quick oven. After above is baked turn out and cool. Yolks of 4 eggs, ¼ cup powdered sugar, 1 heaping teaspoon cornstarch, juice of 2 lemons, ½ pint of pastry cream, and beaten whites of 2 eggs added to above. Boil in double boiler, and when thick let cool and put on top of cake. Then beat another ½ pint of pastry cream for the top of above.

Sherry Cake (Mrs. H. H. Powell, San Mateo)

One cup sugar and ½ cup butter, creamed; 2 eggs, or 3 yolks and 1 white; ½ cup sherry; 1½ cups flour; 1 cup chopped nuts and raisins; ½ teaspoon soda dissolved in water, to be added last. Bake in loaf or layers, white icing.

White Cake (Mrs. Moose)

One cup sugar, 1/3 cup butter. Cream well. One-half cup milk, 1½ cups flour, 1 scant teaspoon baking powder, whites of 3 eggs well beaten. After creaming butter and sugar add ½ the flour, then the eggs, and lastly the remainder of the flour. Flavor to taste. Bake in slow oven.

Devil Cake (Mrs. G. A. Bromley)

Cream ½ cup butter, beat gradually into it ½ cup white sugar and beaten yolks of 4 eggs. Melt 4 ounces of unsweetened chocolate, over hot water, stir until smooth, then add to other ingredients. Add alternately 1½ cup milk, ¾ cup flour, sifted, 1 teaspoon cinnamon and 2 level teaspoons baking powder. Flavor with teaspoon vanilla. Beat in whites beaten dry. Bake in sheets 2 layers put together with boiled frosting.

Devil Cake (Mrs. Roach)

Three-quarters cup ground chocolate, ½ cup sweet milk, 2/3 cup brown sugar, yolk of 1 egg. Beat all together, soft boil until like a custard. Set to cool. This is the cream.

Take 1 cup brown sugar, ½ cup sweet milk, 2 eggs, 2 cups sifted flour. After the cake is mixed, then stir in the above cream. Then add 1 teaspoon soda dissolved in a little warm water. Spread chocolate icing or white boiled icing on top and between layers. This is good.

Nut Torte (Mrs. G. A. Bromley)

Yolks 5 eggs, 3 tablespoons sugar, 5 soda crackers ground, ½ cup chopped walnuts, vanilla flavoring. Whites of 5 eggs beaten stiff. Bake in moderate oven in spring form tin 20 minutes. Cover or spread top of cake with raspberry jam, then macaroons, then whipped cream, then chopped nuts.

Marble Cake (Mrs. Mayo)

Whites of 3 eggs, 1 cup sugar, ½ cup butter, 2 cups flour with 2 teaspoons baking powder. Cream butter and sugar; add the beaten whites of the eggs; mix in the flour with 2/3 of a teacup sweet milk; flavor with lemon. Then remove ½ cup of dough and add to it 3 teaspoons grated chocolate. Stir this into the cake after it has been put into the bakepan.

Breakfast Cake (Mrs. Page)

Two cups sifted flour, ¼ cup sugar, 1 egg, 1 teaspoon baking powder, salt to taste. Milk to make a smooth batter. Bake about twenty minutes.

German Apple Cake (S. W)

One egg, 1 cup milk, 1 tablespoon melted butter, 2 teaspoons baking powder, 2 cups flour sifted three or four times, salt to taste, ½ cup sugar, brown or granulated, 1 teaspoon powdered cinnamon, pinch powdered nutmeg. Beat egg, add milk and butter, flour sifted with baking powder and salt; stir and pour in shallow pan. Have ready apples cut in 16ths, and when batter is ready in pan press the cut apples down in it. Over all sprinkle the sugar sifted with the spices. Bake in moderate oven about a half hour. This coffee cake, or apple cake, is very nice with other fruits, oranges, peaches, cherries, pears, pineapple, cut the same way as the apples. If cooked fruit is used see that all the juice is drained off first. Nuts and raisins and citron cut very fine with a sharp knife can be used, the raisins and citron worked into the batter and the nuts sprinkled with the spiced sugar. The batter by itself is delicious coffee cake, served at once and hot.

Quick Coffee Cake (Rose Mahony)

Three tablespoons butter, 4 or 6 tablespoons sugar, 2 eggs, 3/4 cup milk, 2 cups flour sifted with 2 teaspoons baking powder, ½ teaspoon salt. Cream butter and sugar, add eggs beaten light, then milk, and flour last of all. Bake in 2 layers. Sprinkle 3/4 cup breadcrumbs, 2 tablespoons sugar and 1 tablespoon cinnamon, mixed together, on top.

Potato Flour Cake (Mrs. Martin)

Whites of 4 eggs beaten stiff. Add ½ cup sugar to whites and beat well. Add remaining ½ cup of sugar to yolks and beat well. Then mix the two and beat all very well. Add ½ cup potato flour, 1 teaspoon plain flour, 2 teaspoons baking powder, sifted. Beat all well and add essence of vanilla or lemon. This makes 2 layers. Bake about 25 minutes in moderate oven.

Filling—Either regular butter-cream filling or banana-filling made by putting 2 bananas, 1 cup sugar and white of 1 egg in bowl and beating all well with a beating spoon until stiff. Then spread between layers and on top of cake.

Another filling for this cake is made of jam, spread on while the cake is warm. (Mrs. George A. Bromley.)

Another delicious filling is made by substituting pineapples for the bananas. (S. W.)

Feather Filling (Angelica Bromley)

Two heaping tablespoons flour in a cup of water, stir well and then strain. Put on stove and cook until it boils. Cool and then add ½ cup butter and ½ cup pulverized sugar. Cream, and when first is cold beat in paste. Add ½ cup chopped walnuts to filling. (To be used with potato flour layer cake.)

A delicious filling for a chocolate layer cake is made of powdered sugar creamed with milk (cold) and with chopped nuts beaten into the cream. This is good for frosting as well as filling.—(S. W.)

Minnehaha Filling (Mrs. Brownlee)

Boil 1 cup sugar with 4 tablespoons water until it threads. Add white of egg beaten, ½ cup raisins and ½ cup walnuts.

Mocha Filling (Mrs. Edward F. Smith, Millbrae)

One cupful confectioner's sugar, ¼ cup butter, 1 teaspoon vanilla, 1 teaspoon cocoa. Cream, and wet with coffee until it will spread smoothly over the cake. This proportion is for a small two-layer cake, baked in jelly-cake tin.

Mocha Filling (Mrs. Scott)

Cream a fair-sized pat of unsalted butter, with a cup of powdered sugar, beating until extremely light. Flavor with 1½ teaspoons Turkish coffee (comes in bottles) and mix with beaten yolks of 2 eggs. If preferred, three tablespoons grated chocolate mixed with hot water can be used instead of the coffee. Chopped walnuts can be sprinkled on after spreading.

"Fluff" (Mrs. E. R. Bromley)

White of egg beaten with granulated sugar, and crushed fruit, any kind, either berries or bananas or pineapple. When desired a few fresh uncrushed berries can be placed on top as a garnish decorative touch, and served as shortcake. Any kind of layer cake takes this filling.

Orange Filling (Mrs. Roach)

To the juice and rind (grated) of 1 orange add enough powdered sugar to make stiff paste. Spread between layers of cake, icing top layer.

Lemon Filling (Mrs. Roach)

One cup sugar, yolks of 2 eggs, 1 tablespoon butter, juice and grated rind of 1 lemon. Put all ingredients in a double boiler. Stir and cook until the mixture thickens.

Cake Frosting (Mrs. Roach)

Yolks of 2 eggs well beaten, 2 tablespoons cream and powdered sugar enough so that it will spread nicely on cake. Flavor with Maple-ine, and place cut walnuts on top.

Cookies, Doughnuts and "Snaps"

Best-Ever Doughnuts (Mrs. Page)

One and one-quarter cups sugar, 2 yolks and 1 whole egg, 1 teaspoon salt, 1 cup sweet milk, ¾ teaspoon ginger, 4½ cups sifted flour, 3 teaspoons baking powder. Leave in ice box or cold place over night. Roll quarter-inch thick and fry in boiling fat, but not too fast.

Doughnuts (Mrs. Pylman)

Three eggs, 1 cup sugar, 1/3 cup butter, 3 pints bread sponge. Mix with hands as soft as possible. Let rise. Mold again. Flour board. Roll dough about half an inch thick. Cut out with ring. Fry in boiling oil or lard, not less than half an hour.

Doughnuts (Mrs. C. O. Cunningham, Colfax)

One cup sugar, 1 cup sour milk, 1 egg, 1 teaspoon salt, 1 teaspoon baking soda, any flavoring desired. Beat together sugar, egg and milk, add soda dissolved in a little water, then add flour enough to roll, and the flavoring. Fry in boiling lard or oil.

Oatmeal Cookies (Mrs. Brownlee)

Three cups fine oatmeal, 2 cups flour, 1 cup butter and lard (mixed), ½ cup hot water, 1 cup sugar, 1 small teaspoon soda (dissolved in hot water), pinch salt. Roll on floured board very thin.

Ginger Snaps (Mrs. Brownlee)

One large cup butter or lard, or ½ butter and ½ lard; 1 cup brown sugar, 1 cup molasses, ½ cup hot water, 1 tablespoon ginger, 1 tablespoon cinnamon, 1 teaspoon cloves, 1 teaspoon soda dissolved in hot water, flour enough for stiff dough. Roll thin.

Soft Cream Cookies (Mrs. Brownlee)

Two eggs, 2 cups white sugar, ½ cup butter, ½ cup lard, 1 cup sour cream, 1 teaspoon soda dissolved in a little of the cream, flour enough for soft dough. Roll ¼ inch thick. Season with salt, and lemon or nutmeg flavor.

Rocks (Letitia Flanagan)

One and one-half cups brown sugar, 1 cup butter, 3 eggs, 3 cups sifted flour, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon soda dissolved in hot water, ½ pound currants, ½ pound raisins, ½ pound walnuts, pinch salt.

Cookies (Mrs. W. J. McCarthy)

One egg, 1 cup sugar, ½ cup butter or soup fat, 3 cups flour, ¼ cup milk, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream butter and sugar, add egg

unbeaten to sugar and butter, and beat until light, then milk, and last of all flour. Mix and roll very thin. Bake on the top of baking-pans.

Chocolate Wafers (Mrs. Martin)

Cream 1 cup sugar and slice butter, stir in 2 eggs, mix well, then add ½ cup chocolate and ½ cup flour; stir and add ½ cup cut nuts. These are great, and can be baked in a sheet and then cut in small rectangles, or dropped on the pan in spoonfuls.

Mother's Chocolate Chips (Mrs. Meredith Sawyer)

One cup white sugar, 1 cup brown sugar, 1 tablespoon each of butter, whisky, vanilla and molasses; ½ cup chopped walnuts, ¼ cup chopped raisins; 6 tablespoons chocolate; 1 teaspoon cinnamon, ½ teaspoon each of cloves and allspice; 2½ cups flour; 1 teaspoon baking powder; 3 eggs beaten together. Bake in large shallow pan.

Walnut Wafers (Mrs. T. Longton)

Two eggs, 1 cup sugar, pinch salt, 1 cup walnuts, 3 large tablespoons flour. Drop on hot pan, ½ teaspoonful at a time. These are delicious to serve with afternoon tea, or with ices.

Prize Packages (Mrs. R. C. Burling)

Butter size of large egg, ¼ cup sugar, 1 egg, ¾ cup milk, 2 cups flour, 1½ teaspoons baking powder, ½ cup raisins (seedless), ½ cup walnuts (chopped). When ready for oven sprinkle the top with small pieces of butter, sugar and cinnamon. Bake in flat pan, in sheet. Cut in shapes and wrap each in waxed paper.

Utensils are an important item. In a camp one can cook in the cans, and stir the creations with a stick, but in a well-equipped kitchen one should have the best utensils. Don't have too many, but get the best. The tools should be such as help the artist. Why go without them, when so easily obtainable? Don't try to do with just a few pots and pans. Get a number, all sizes, and see how it simplifies matters when a meal is to be prepared in a hurry.

Hot Cakes and Waffles

Fine Hot Cake Recipe (Mrs. Poore)

At night mix 2 cups sifted flour, salt, 1 tablespoon corn meal and enough sour milk to make stiff batter. Set over night. Next day add 1 teaspoon (level) soda in warm water. Fry on hot griddle in large cakes to cover whole griddle. Place butter and sugar between, aranging like a layer cake and cutting down and serving in sections like cake.

Pancakes (Mrs. Charles Lincoln, Berkeley)

One cup sour milk, 1 heaping cup flour, ½ teaspoon baking powder, ½ teaspoon soda, pinch of salt, 1 egg beaten, 1 tablespoon melted butter to be added last.

(These cakes are superlative.—S. W.)

Waffles (Meredith Sawyer)

Five eggs, 1¼ pounds flour, ¼ pound butter, ¼ pound sugar (½ cup), 1 quart milk, 1 soup spoon full baking powder, pinch of salt, inside of a quarter of vanilla bean, or few drops of extract, a teaspoon full of olive oil.

Beat eggs and sugar, then add milk, then the sifted flour. Mix well, then add melted butter, then baking powder, then salt; then flavor and stir in slowly the olive oil.

Note: This will be thinner than ordinary batter, but it's all right.

(This recipe is copied exactly from the one given Mr. Sawyer by the head chef at the St. Francis Hotel.—S. W.)

Batter Cakes (Judge Frank Kerrigan)

One cup of sifted flour (one-third of this may be whole wheat, rye, graham or fine corn meal). Before mixing, sift on the flour half level teaspoon each of salt and soda, and one level teaspoon of baking powder. Mix and add one beaten egg and one tablespoon of melted butter. If cream, instead of milk, is used for mixing, omit the butter. Beat well and cook on a very hot griddle, very slightly greased. The bacon rind is best for greasing griddle.

German Pan Cake (Mrs. Martin)

Two eggs and a pinch of salt, beaten well with cup of milk. Add flour until it is thick, beating with fork. Then add a little more milk to thin it. Drop on well larded frying pan, one at a time.

Luncheon Dishes

Lobscouse—a nautical dish (G. T. Bromley)

Take salt pork, corned beef, onions, carrots and potatoes and cut in small dice. Cook in large stew pot with a little water to cover. When done either serve as a stew or place in bake pan and brown in oven. Serve with hot hardtack.

Sausages with Tomatoes, Italian Style (Mrs. Francis Ghiselli)

Use linked pork sausages. Fry until brown and pour off dripping. Have ready a can of tomatoes. Brown a few onions (and a garlic clove if wished) in bottom of pan. Pour upon the browned onions the can of tomatoes (remove garlic clove) and add a few dice of bell or red peppers, or else add paprika. Flavor with cinnamon, pepper and salt. When the tomatoes are well heated, add the cooked sausages and some peeled potatoes cut in either small or large pieces, as desired. When the potatoes are done the dish is ready to serve. It is extremely tasty.

Vienna Sausages with Cauliflower (Miss Campbell)

Boil the cauliflower in small pieces. Have ready 2 cans of Vienna sausages. When the vegetable is cooked, place on dish with the flowers upstanding as if growing in a field. Place some of the small leaves of the cauliflower around the edges of dish. Set the sausages in two towers, as they come from the can when steamed, in the midst of the vegetable. It makes a most artistic appearance, and is a quickly prepared and palatable luncheon dish or supper dish.

Aunt Margaret's Baked Beans (Mrs. M. Sawyer)

One cup dry beans, 1 tablespoon dry mustard, 1 tablespoon brown sugar, 1 teaspoon salt, pepper to taste, ½ pound salt pork. Soak beans over night. Boil until soft. Dissolve seasoning in hot water and pour over beans before baking.

Corned Beef Hash (Henry J. Crocker)

Materials—Potatoes, onions, one tin of corned beef, bacon rind (or butter if obtainable), salt and pepper.

Implements—One coffee pot (or stew-pan), one frying pan, one hunting knife.

The potatoes should be boiled the night before; the coffee pot being often called into service after the evening meal is over and the smokefest is on; the potatoes, after being well washed, are placed in the coffee pot, which is now filled with cold water and placed on the hot coals, where the water soon reaches a boiling point, and the potatoes show they are thoroughly cooked by the bursting of their jackets—the water is drained off and the potatoes left in the pot near the fire to cool off slowly. In the morning the fire is lighted and the onions are peeled and then cut in thin rings, which are afterward cut with the

hunting knife into small sections, as if they had been chopped fine. A tin of corned beef is now opened and the contents shredded or cut fine. The frying pan is now placed on the fire and prepared with the bacon fat (or butter, if to be had)—the potatoes being peeled and sliced while the pan is heating—the chopped onions are now thoroughly cooked and placed aside, and after a little more grease is placed in the frying pan the potatoes are placed therein, stirred and thoroughly seasoned with salt and pepper until they are well heated, then slowly add the well cooked onions until the hash is well browned. Serve piping hot. (This is camp style.)

Beans, Georgia Style (H. C. Smith)

Use the small white beans. Soak the quantity desired in cold water for an hour or so, and then pour off the water, place in fresh cold water and boil until quite soft, adding pork or bacon cut in small squares, onion cut in eighths, and a green or red pepper if liked. When the beans are thoroughly cooked place in a bake pan and bake about half an hour in the oven. Served with hot cornbread, or brown bread, these beans make an ideal supper dish.

Favorite "Kosher" Dishes

Cold Salmon, with Raisin Sauce

The salmon is cooked whole, or cut in slices, and boiled, drained and laid on dish. For the sauce, brown a piece of butter in frying-pan, with a chopped onion and a little sugar. Soak a bit of honey-cake in ½ cup sour claret, and add to other ingredients in saucepan, with salt, pepper and a little ground ginger, also 2 slices lemon, ½ cup raisins and a bay leaf. Cook slowly and pour over fish. Serve cold.

Stuffed Milt

There are 2 veins inside the milt which must be taken out, and then it is scraped. To the inside is added soaked bread, egg, onion, chopped parsley, and seasoning to taste, all mixed together and then sewed up. This is placed in boiling soup for one-half hour, taken out and browned, and is ready to serve.

Sour Lung

Prepare the lung by first thoroughly cleaning, then boil until soft. Throw away water and cut lung into small squares. Put fat in saucepan and brown an onion. Add flour, a tablespoon sugar and 2 tablespoons vinegar. Make smooth by adding 1 cup meat stock. Season with ginger, pepper, salt, bay leaf and chopped parsley. The lung is then placed in the pan and all cooked together slowly for twenty minutes.

Boiled beef can be prepared in the same way. Another manner is to serve on toast. The heart chopped as in hash, sometimes with the lung, sometimes alone, is another favorite "kosher" dish.

Cheese Dishes

Biquita Cheese (Robert Trevor)

One pound Eastern cheese, butter size egg. Dissolve in double boiler. Three-quarter cup cream, 1 egg, cayenne pepper and paprika. Pour in glasses and let cool.

Welsh Rabbit (Elliott Crews Jennings)

Cut up some cheese into small pieces, not too fresh, Eastern or California preferred. Pour a little beer or ale into a frying pan or chafing dish, and let the cheese melt into it. Season with Worcestershire sauce, salt, pepper, paprika and tabasco sauce if liked. Have ready hot soda crackers or thin slices of toast and pour the rabbit on them. Serve immediately.

Welsh Rarebit (Mullaly)

Place a half pint of Bass ale in a small saucepan with a tablespoon of Worcestershire sauce, salt, little cayenne pepper, and as soon as it briskly boils add 20 ounces very rich, fresh, finely chopped American cheese and continually stir with a wooden spoon until thoroughly melted. Have eight fresh slices of toast on eight small dishes, cover with the cheese and send to the table as hot as possible. If wanted extra hot the dishes of rarebit can be placed in the oven for a few moments before sending to the table. (For eight persons.)

"Canned" Dishes

"I LOATHE canned goods—never use them; fear them." Thus one has heard a housewife exclaim. But why ban canned products—in this State, where the most delicious fruits, vegetables and meats come in cans? Wonderful dishes can be concocted from cans. People who have not experimented with canned goods, or who consider them unwholesome, make an enormous mistake. Most excellent meals can be gotten up from cans. With canned peas, beans (string) and asparagus, one can make a perfect salad, and the sliced canned tomatoes are also fine in salads. A can of oxtail soup used for gravy stock metamorphoses a second day cut of meat into a stew or fancy roast that an epicure would enjoy. Tomato soup can also be used for gravy, either on hamburger steak or warmed over meat. The chili-tomato is nice on spaghetti or rice or raviola. A Mexican dinner can be arranged in two seconds with canned tamales or enchiladas, the encased ones used for garnish; canned spaghetti and chili con carne. Then with a salad of string beans and a little fresh lettuce, the dinner is a joy throughout. Canned sausages are always tasty, and can be combined in all sorts of ways with vegetables. Canned mushrooms may not be so good as fresh, but are tasty in sauces. A can of boned chicken with a can of mushrooms can be turned into a remarkable pie, with creamed gravy, and a biscuit crust.

Bread, Biscuits, Etc.

Spanish Bun—a typical Canadian recipe (Mrs. Charles A. Allen, Vancouver, B. C.)

Four eggs—leave out 3 whites; ¾ cup butter, 2 cups brown sugar, 1 cup sweet milk, 2½ cups flour, 3 teaspoons baking powder, 2 teaspoons each cinnamon and allspice. Make frosting of the whites.

Nut Bread (Mrs. Greenfield-McDonald, Vancouver, B. C.)

Two or three eggs, 2 tablespoons sugar, 4 teaspoons baking powder, ½ teaspoon salt, ½ cup chopped walnuts. Mix dry ingredients, add 2 or 3 eggs and enough milk to mix like biscuits. Knead lightly and mold into two loaves. Let rise thirty minutes. Bake one-half or three-quarters hour.

Nut Bread (Mrs. Martin)

Three cups flour, 1½ cup milk, ¾ cup brown sugar, 1 cup walnuts, 1 even teaspoon salt, 4 even teaspoons baking powder. Sift flour, salt and baking powder into milk and sugar; add nuts, stir well and place in well greased loaf tin. Let stand ten minutes before baking. Bake one hour in slow oven.

Nut Bread (Mrs. T. Longton)

One and one-half cups white flour, ½ cup cornmeal, ½ cup graham flour, ½ cup molasses, ½ cup brown sugar, 1 cup walnuts, 1 pint sour milk, 1 teaspoon baking soda, ½ teaspoon baking powder, 1 teaspoon salt. Bake about hour in slow oven.

Corn and Rice Bread, to be served with Roast (Mrs. Meade)

One cup cold boiled rice warmed until soft in a little hot milk. Pour a cup of hot milk on 1 scant cup of cornmeal. Add 1 teaspoon salt, 1 tablespoon butter, 2 tablespoons sugar to the soft rice. Let this stand so the cornmeal will soften, and before baking add 1 heaping teaspoon baking powder. Bake twenty minutes in hot oven.

Biscuits (Miss Connell)

A quart of flour, teaspoon of salt, a tablespoon of sugar, and 4 level teaspoons of baking powder. Sift all together. Work in a good tablespoon of shortening with a fork, and add milk enough to make workable dough. If sour milk is used add enough baking soda to correct the acidity. If just "blinkey" a few grains, but of clabber almost a quarter teaspoon. Roll out half an inch thick or more and handle as little as possible. They may stand five or ten minutes before baking. Sugar is merely to get a nice even brown, not enough to taste, and can be left out.

Cornbread (S. W.)

One cup white flour, 1 cup cornmeal, 2 teaspoons baking powder, pinch of salt, 1 tablespoon sugar, all sifted together; milk to make medium soft batter. If sour milk is used, add pinch of soda; 1 egg not beaten. Add a tablespoon melted butter to dry ingredients, before adding milk. Place in very hot larded pan and bake about three-quarters of an hour. If more cornmeal is preferred, use 2 parts meal to 1 part white flour. If lard is used for shortening instead of butter, do not use quite so much. Molasses can be used instead of sugar for sweetening, if preferred. If a very large cornbread is wished, use 2 eggs and twice the quantity of above.

Excellent Muffins (S. W.)

Two eggs, 2 cups flour sifted twice, 1 cup milk, sweet or sour (if the latter, use pinch soda), 1 teaspoon sugar, 1 heaping teaspoon baking powder, pinch salt, 1 tablespoon melted butter. Sift dry ingredients together and add yolks of eggs well beaten and the milk, then the whites well beaten, and last of all the melted butter. Bake in hissing hot muffin tins about twenty minutes in hot oven.

Popovers (Florence Byington, San Francisco)

Two eggs, 1 cup milk, 1 cup flour, pinch of salt. Beat eggs well, add milk and salt, beat well, then add flour. Beat all well and place in hissing hot buttered pan. Bake in hot oven, diminishing heat gradually, for one-half hour. Do not take out of oven immediately, but open the door for a little while first. The secret of successful popovers is all in the baking.

Date Bread (Mrs. Gilmour Van Wagenen)

Three cups graham flour, 1 cup walnuts, 1 cup dates, 3 cups brown sugar, ½ teaspoon salt, 1½ cups sour milk, 1 teaspoon soda. Mix dry ingredients and add milk.

Boston Brown Bread (Mrs. Roach)

One cup sour milk, 1 cup sweet milk, 1 teaspoon salt, ½ cup molasses, 1 teaspoon soda, ½ cup white flour, 3 cups graham flour. Dissolve soda in a little hot water and stir into molasses. Mix stiff and steam three or four hours.

Equal parts of graham and white flour, and cornmeal, and a dash of bran, make excellent foundation for brownbread. (S. W.)

A piece of sandpaper and a pumice-stone are indispensables in a kitchen, says Mrs. Sterling Mighels. The sandpaper will clean the bottom of an iron-pot, or any kind of pan, better than will anything else. An ordinary paint brush, the flat kind, is excellent for dishwashing instead of a mop or rag, says the same authority.

For The Pantry

Orange Marmalade (Mrs. Mayo)

Twelve large oranges, 4 lemons. Slice fruit quite thin; add 1 quart cold water to every pound of fruit. Let it stand until next day. Then boil slowly, uncovered, until the fruit is very tender, after which let stand again until next day. Then to every pound of fruit add ¾ pound of sugar, and boil until it jells. Put a maraschino cherry in each glass, to make it look more attractive.

For Quick Marmalade

Six oranges, 2 lemons, 3 quarts water. Let these boil forty-five minutes, then add 3 quarts sugar, and let boil until it jells. It will require about two hours for the last boiling.

Grape Fruit Marmalade (Mrs. G. A. Bromley)

One lemon, 1 orange, 1 grape fruit. Cut all up fine. After fruit is cut up, measure cup fruit to 3 cups of water and let stand over night. Next day boil four minutes and let stand again over night. Then measure a cup of fruit to cup of sugar, then boil from two and one-half to three hours.

Jack Horner (Mrs. G. A. Bromley)

Five pounds currants. Strain as for jelly. Three pounds oranges, prepared as for marmalade. Two pounds raisins, 5 pounds sugar. Boil twenty to thirty minutes.

Mince Meat (Mrs. Brownlee)

Two pounds lean beef, 1 pound suet, 3 pounds raisins, 2 pounds currants, 4 chopped apples, 1 lemon, orange and citron peel, 2 cups brown sugar and grated rind of 2 lemons, 1 quart brandy, 2 oranges, 1 quart boiled cider, 2 tablespoons salt, 2 nutmegs, 1 tablespoon cinnamon, 1 teaspoon clove and mace.

Green Tomato Sauce (Mrs. Robert Barker)

Slice 1 peck tomatoes into jar, sprinkling salt over each layer. Let stand twenty-four hours. Drain off liquor and add 1 teaspoon each of ginger, allspice, clove, mace, cinnamon and horseradish, 3 large or 12 small red peppers, 3 large onions, 1 cup brown sugar, cover with vinegar. Boil slowly three hours.

Chili Sauce (Mrs. William Keyworth)

Twenty-four large ripe tomatoes, 6 large onions, 2 large peppers, 8 tablespoons brown sugar, 2 tablespoons cinnamon, 4 tablespoons salt, 4 cups vinegar, pinch soda. Boil until thick.

Use a good white soap for dishwashing; it saves the hands.

In using liquid veneer for dusting, always be careful to protect the hands with gloves, as the veneer is very hard upon the delicate flesh, filling the palms with black stains, and making the finger-nails brittle.

RD 62

THE LIBRARY OF CONGRESS

DOBBS BROS.
LIBRARY BINDING
MAR 81
ST. AUGUSTINE
FLA.
32084

LIBRARY OF CONGRESS
00014361753